

Macomb Township Parks & Recreation Department

R.E.A.C.H.

Recreation

Events

Activities

&

Center

Happenings

www.macomb-mi.gov

20699 Macomb Street • Macomb, MI 48042 • (586) 992-2900

(Off Broughton Road, east of Romeo Plank Rd., south of 25 Mile Road)

**** MTPR CANCELLATIONS HOTLINE (586) 992-2909 ****

FALL/HOLIDAY 2011

ONLINE REGISTRATION

BEGINS MONDAY,
AUGUST 29TH
AT 6:00AM

See pages 34-35
for ALL Registration Details



CHECK US OUT AT
www.macomb-mi.gov

DON'T MISS THESE SPECIAL EVENTS! SEE PAGES 10-12 FOR THESE AND MORE!

Phase II Park Premier
September 24

Halloween Hoopla
October 21

Tree Lighting
November 30

Santa's Jingle Jammie Time
December 9 & 10



2011 MTPR SPONSOR & FRIEND LIST

CORPORATE



(586) 412-5758 / www.genisyscu.org

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GOLD

All Weather Restoration
(800) 583-3688 / allweathercare.com

Bounce About Party Rentals
(586) 980-9059 / www.BOUNCEABOUT.com

HPS Advanced Dental Care
(248) 652-0024 / www.HPSDENTAL.com

Huntington Bank
1-800-480-BANK (2265) / Huntington.com

Louie's Pizza
(586) 786-1616 / www.louiespizzapie.com

Macomb Orthodontics
(586) 226-BRACES / www.macomborthodontics.com

Michigan Schools & Government Credit Union
(586) 263-8800 / www.msgcu.org

Spalding DeDecker Associates
(248) 844-5400 / sda@sda-eng.com

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SILVER

First State Bank
(866) 372-1275 / www.thefsb.com

Henry Ford – Macomb Hospitals
www.henryfordmacomb.com / (800) 532-2411

St. John Medical Center – Macomb
(586) 416-7500

BRONZE

Allstate – The Halsey Agency
(586) 263-1350

Clinton-Macomb Sunrise Rotary Club
(586) 255-3691

Deneweth's Garden Center
(586) 247-5012

**Kids Dentistry & Ortho / Drs. Delaney, Plunkett,
Ralstrom, Makowski, Thanasas, Ker and Associates P.C.**
(586) 286-0700

Eastside Endoscopy Center
(586) 416-7501

G.I. Medicine Associates, PC.
(586) 447-0700

Kristel Cleaning
www.kristelcleaning.com

Metro Environmental Incorporated
(586) 790-2500

Plante & Moran, PLLC
plantemoran.com

Pulte Homes of Macomb
www.pulte.com/offers

R.C. Hendrick & Son, Inc.
(989) 781-8116

TCF Bank
www.tcfexpress.com

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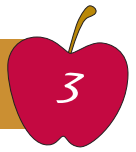
FRIENDS OF MTPR

Ace Hardware – Macomb
Altermatt's Farms & Greenhouses
Better Made

Brohl's Greenhouses
Chicken Shack
Cottage Inn Pizza

Macomb County Sheriff Office & Explorer Scouts
Macomb Optimist Club
Millman Derr Center for Eye Care, PC
Red Robin – Clinton Twp
Shield's Pizza
Shelby/Macomb Kiwanis Daybreakers
Shelby Twp. Parks & Recreation

THANK YOU TO OUR SPONSORS & FRIENDS!



A LETTER FROM THE DIRECTOR

Dear Resident,

The Parks & Recreation Department has had an action-packed summer. The opening of Phase II of Macomb Corners Park has allowed us to expand the amount of athletic events that are played there. We have received overwhelming positive feedback in regards to that facility. The Recreation Center continues to draw record numbers of patrons daily. With the dog days of summer almost behind us, we hope you found a way to recreate and rejuvenate this summer.

Now is the time to start thinking about your fall activities. Please look over this edition of the R.E.A.C.H. program catalog. Our staff has worked extremely hard in hopes of providing you and your family an opportunity to finish the year strong. This includes our recreational offerings through the holidays. One program to highlight will be our **Party In The Park**, grand re-opening of Macomb Corners Park on Saturday, September 24th at noon. This event will also allow us to showcase our partnership with the D.I.A., the Inside/Out program. Macomb Township has been chosen to house this unique display of life size replicas of famous paintings that are on display at the D.I.A. The paintings will be at various locations along our mile long walking path in the park from September thru November. Details of these programs, as well as all other offerings, are included in this catalog. Hopefully we have offered something for you and your family. Feedback is always welcome about any of our programs. The best and newest way to provide feedback is to go to www.macomb-mi.gov, the Township website, and scroll down to the surveys portion of the Parks and Recreation home page.

Sincerely,
Salvatore A. DiCaro Jr.
Director of Parks & Recreation

MACOMB TOWNSHIP RECREATION CENTER

The Macomb Township Recreation Center was built for the recreational enjoyment of all members and our guests. Please treat the facility, other patrons and staff with respect. If you have any questions, please stop by the reception desk.

- Guests must bring their own locks & towels.
- Guests must be currently in the 9th grade with proof (current school I.D.) to enter facility without parental supervision.
- **All guests must have a waiver form on file prior to utilizing the center. Patrons under the age of 18, must have a signed waiver by a parent or legal guardian to enter. Waiver forms are available at the front desk.**

HOURS OF OPERATION

Monday-Friday6:00am-10:00pm
Saturday8:00am-8:00pm
Sunday10:00am-6:00pm

Aquatics schedule varies,
please stop by front desk for schedule.

TADPOLE TOWN CHILD WATCH

Monday-Saturday 8:30am-1:00pm
Monday-Thursday 4:00pm-9:00pm

RATES

Child watch is \$2.00 per hour for the initial child and \$1.00 per hour for each additional child. 2 hour maximum time per visit.

CREATING COMMUNITY THROUGH PEOPLE, PARKS AND PROGRAMS

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MTRC INFORMATION

MTRC DAILY FEES

Residents\$5.00

Non-Residents\$10.00

Children ages 3 and under are admitted free with an adult paid daily admission

All guests must show proper ID to receive Resident discount:

Driver's License OR State issued I.D.

MTRC MEMBERSHIP FEES

Resident

Monthly: (Monthly Deductions from Checking or Savings account)

Head of Household\$25.00

Spouse\$15.00

Dependant\$10.00

Seniors (55+)\$15.00

Current or past years 1040 tax form must be shown to prove dependants for membership.

Annual Membership:

Head of Household\$300.00

Spouse\$180.00

Dependant\$120.00

Senior (55+)\$180.00

Non-Resident Membership rates are double.

Trial Memberships: Individuals are eligible for a one time trial month period. These memberships are valid from the date of registration. Trial Memberships are \$25.00 for Residents and \$50.00 for Non-Residents. Daily admissions cannot be used toward the purchase of a Trial membership. Trial memberships are non-refundable.

Current or past year's 1040 tax form must be shown to prove dependants for membership.

LOOKING FOR A PLACE TO HOST A B-DAY PARTY OR SPECIAL EVENT?

Look no further than the Macomb Township Recreation Center. Parties and rentals can be booked up to 1 year in advance. A variety of food packages are available to choose from. Contact the Front Desk for additional information.

ADMITTANCE FOR CHILDREN 3 & UNDER

Paying adults (members are considered paying adults) are allowed to bring two children each who are between the ages of 6 months & under 4 years old for free. All additional children will be charged according to their residency.

LOST & FOUND POLICY

Lost & found items will be kept at the Macomb Township Recreation Center for 10 days. After 10 days all items will be donated to a local charity. Please contact a staff member if you accidentally left any of your belongings at the Recreation Center during your visit.

INCLEMENT WEATHER

Call the Macomb Township Cancellation Hotline at 586-992-2909 to hear program cancellations or delays due to weather. Cancelled classes will be announced at least 45 minutes prior to the start of the class. Remember, a morning class cancellation will not automatically mean evening classes are cancelled. Keep informed, call our hotline.

MTRC HOLIDAY & SPECIAL EVENTS SCHEDULE

The Macomb Township Recreation Center will operate under modified hours on the following holidays:

Labor Day – Monday, September 5, 2011

Halloween Hoopla – Friday, October 21, 2011

Holiday Tree Lighting – Wednesday, November 30, 2011

***Christmas Eve Day – Saturday, December 24, 2011**

***New Year's Eve Day – Saturday, December 31, 2011**

****New Year's Day – Sunday, January 1, 2012**

***Facility opens at 8:00am **Facility opens at 10:00am**

Facility Hours: 6:00am-5:00pm

Open Swim: 12:00pm-4:00pm

Lap Swim: 6:00am-12:00pm

The Macomb Township Recreation Center will be closed on the following days:

Thanksgiving Day, Thursday, November 24, 2011

Christmas Day, Sunday, December 25, 2011

Gymnasium B will be closed on the following days:

Friday, October 21, 2011

Saturday, October 22, 2011

Wednesday, November 30, 2011

REINSTATEMENT OF COLLEGE STUDENTS

College students who wish to reactivate their suspended memberships must show either a school ID with the current year posted on the ID or their current transcript. College IDs which do not indicate a date will no longer be accepted.

ROOM RENTALS

Looking for a place to host a Business or Organization meeting? Look no further than the Macomb Township Recreation Center. The center can accommodate groups up to 50 people, complete with tables and chairs. Audio/Visual equipment is also available. The center can accommodate rentals 7 days per week and various hours. Please contact the Recreation Center front desk for further details.

AQUATIC AREA:

The MTRC aquatics center has a variety of features sure to provide fun to everyone of every age. Our water playground begins with a zero depth entrance where you can walk through or around geysers. This pool features a multi-level playground where children can interact with water controlling devices before shooting through the slide. This pool reaches a maximum depth of 18" inches.

For the more adventurous type, try our 3 story water slide. This journey begins as you climb the stairs up to the top of the center. The slide will take you around several curves before you exit into our splash down pool.

Others can stroll around in our lazy river, where a waterfall awaits for those who choose. Inside our river is a vortex where guests are spun around by circular water movement.

Ever wanted to walk on water? You can attempt to walk across our floating log walk. There are lap lanes for those who still enjoy a good swim. After this much enjoyment our older guests can relax in our hot tub! Or catch some rays on our outdoor sun deck.

FITNESS CENTER & RUNNING TRACK:

The MTRC fitness center consists of a Two-Story Rotunda of Cardiovascular Equipment, Selective Machines, & Free Weights.

- Treadmills
- Elliptical Cross trainers
- Total Body Elliptical
- Nu Step/REX
- Recumbent & Upright Bicycles
- Stair Climbers & Steppers
- Arc Trainers
- Rowing Machines
- Selectorized Machines (Paramount & Icarian brands)
- Dumbbells
- Curl Bars
- Multi-Functional Trainers
- Smith Press & Leg Press Station
- Cable Tower System
- Incline Benches
- Over 1,500 lbs. of weight plates



The MTRC Track is a figure eight configuration consisting of 3 lanes (walk, run, & pass). The track distance is 7.3 laps per mile.

Party Rooms:

Our Party Rooms are a perfect place to host your child's next birthday party or team event! Our rooms are located at either end of the main atrium, they're the perfect location to enjoy the center. The rooms are equipped with their own counter and sink! Party Rooms can accommodate 1-49 people.

Tree-Top Town

Come play among the trees and enjoy our indoor play structure with slides, tubes, rock climbing walls, and moveable helicopter and interactive toys. This large indoor play structure is ideal for children 10 years of age and under. An additional small play structure is available for toddlers. The room is floored with a soft play surface. Parents must accompany children. Socks are required.

Tadpole Town Child Watch

Two Hour maximum child watch for ages 6 months to 10 years old. Various activities offered such as games, movies, board games, arts-n-crafts, coloring, etc. In addition, computers are available for children to work on homework, or enjoy educational and interactive learning games. The room is equipped with a small child's restroom.

Game Room:

Guests can enjoy playing billiards, Ping Pong, or a wide variety of board games available for use while visiting.

Exercise/Aerobics Rooms:

Our lower level room is a floating Sportsworld Altra Star floor, the second level room is surfaced with high intensity cushion rubber flooring, both rooms are equipped with a state of the art sound system, and two mirrored walls. Aerobics, Dance, and other exercise related activities have never been as enjoyable.

Locker Rooms:

Separate male and female locker rooms and shower rooms. Each is equipped with lockers for storage of clothing. Guests must bring in their own lock.

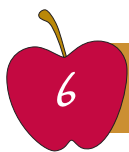
Family Changing Cabanas:

6 cabanas especially designed for families are available for use. Each is equipped with a shower, changing station, sink and toilet. Larger lockers are located outside of rooms for storage of multiple guests items. To utilize these cabanas; please see Family Changing Cabanas Policy on page 6.

Multi-Purpose Rooms:

Our two Multi-purpose rooms are great spaces for meetings, classroom settings, and parties. Each room is carpeted and equipped with Tables and Chairs which can be set as desired.

These rooms are able to host between 1 and 49 people. Audio/Visual equipment is also available for use.



MTRC INFORMATION / TRIPS

MACOMB TOWNSHIP RECREATION CENTER

Age Policy & Procedure

All patrons **must** be currently in the 9th grade to be left unsupervised in the facility and to use the fitness equipment. All patrons not currently in the 9th grade must be supervised by an adult (18 years of age or older) at all times while visiting the center. Patrons between the ages of 11 years and 9th grade must have an adult within the facility but not directly supervised. Patrons must show a Driver's Permit and picture I.D., Driver's License, or a school I.D. (indicating 9th grade) when initially entering the facility to show proof. Please note that patrons must currently have started the 9th grade to qualify, patrons who have completed the 8th grade are **not** considered 9th graders until school begins.

Please make certain you have these forms of I.D. and a daily waiver form on file prior to entering the facility without proper supervision. Patrons who are not currently in the 9th grade **will not be allowed to enter the center without proper supervision.**

Family Changing Cabanas Policy

Between the hours of 11:30am until the facility closes daily, the Family Changing Area will be locked. Families with children wishing to utilize the Family Changing Cabanas must check in at the front desk and check out a key card to gain access to the family changing room hallway. Guests will be asked to leave their vehicle keys at the Front Desk in order to receive a pass access card. This access card will allow entry into both family changing room hallway doors. This policy has been implemented for the safety and protection of all patrons. **All patrons must use gender appropriate locker rooms.**

~ THANK YOU FOR YOUR COOPERATION.

OPEN VOLLEYBALL SCHEDULE

Volleyball nets will be available on Tuesdays, ½ of Gymnasium A. All other times are designated for open basketball or Pickle Ball.

PICKLE BALL SCHEDULE

Pickle Ball nets will be available on the following days & times in Gymnasium A:

4 Courts – Gymnasium A, North & South
Monday & Wednesday, 6:00am-2:00pm

2 Courts – Gymnasium A, South Side
Friday, 6:00am-2:00pm



The Macomb Township Recreation Center **does not allow** private gymnasium rentals during normal hours of operation;

Monday-Friday	6:00am-10:00pm
Saturday	8:00am-8:00pm
Sunday	10:00am-6:00pm

This applies beginning on Labor Day through the End of April.

PRIVATE & SEMI-PRIVATE PERSONAL TRAINING

The Macomb Township Recreation Center offers Private & Semi-Private Personal Training with our certified and highly knowledgeable trainers.

Members/Residents:

1 Hour Private Lesson\$50.00 per hr.
1 Hour Semi-Private (2 Person)\$70.00 per hr.

Non-Residents:

1 Hour Private Lesson\$70.00 per hr.
1 Hour Semi-Private (2 Person)\$90.00 per hr.

Multiple Training package plans are available.

For further information and to sign-up for personal training, please call or visit the Front Desk.

- Payment for personal training must be made at the front desk upon arrival.
- 24 hr. advance notification is required for cancellations to reschedule.
- All personal training sessions are non-refundable.

All Personal Training participants MUST stop by the Front Desk prior to entering the facility (including Members)

BIANCO TOURS PRESENTS...

BINGOMANIA

Wednesday, October 5, 2011

Registration No. 323100-G

MTR Fee: \$15.00

NR Fee: \$20.00



Your Bianco Tour Includes:

- Round Trip Deluxe Transportation
- Breakaway Gaming Centre - Bingo is better than ever! The new Breakaway Gaming Centre is now open, giving Windsor a whole new way to play Bingo - Electronic Bingo! There is no better place to play! Bingo includes 2 strip bingo card (six faces) and 2 special games (super jackpot and accumulator).
- Lunch at Breakaway Gaming Centre
- Windsor Raceway - The raceway has been in business since 1965. The slot machine area has been enlarged and renovated in a Roaring 20's theme, and is now about 3 times larger and houses 750 slot machines. including: Blazing 7's, 10 Times Pay, American Beauty, Black Cherry, Wheel of Fortune and many more!

** All passengers will receive \$10.00 slot play!*

This tour will be going into Canada. U.S. and Canadian passengers are required to present proof of citizenship.

Parade Company Studio Tour

Seniors 55 & Older

Marvin Blank Senior
19925 23 Mile Rd.
(one mile east of Romeo Plank)

October 28, 2011

9:45am-2:45pm

Registration No. 323100-F

Registration Deadline: Friday, October 14, 2011

MTR Fee: \$30.00 NR Fee: \$35.00

You're invited to take a behind the scenes look and discover Detroit's hidden treasures at The Parade Company Studio. Step into a story land of color and fun as they get ready for one of Detroit's most anticipated holiday events, America's Thanksgiving Parade. Afterwards, enjoy a delicious lunch at the Dakota Inn Rathskeller. **Reminder:** Cameras are welcome to capture the moments of this unforgettable occasion!!!

The fee includes transportation from the Marvin Blank Senior Center, lunch, dessert, non-alcoholic beverage, sales tax and gratuity. You will be asked to make your menu choice at the time of registration.

Trip Min: 20



LEGENDS LIVE DINNER SHOW

"The Saturday Night Sock Hop"

Fern Hill Golf & Country Club
17600 Clinton River Road
Clinton Township, MI 48038

Saturday, November 12, 2011

Dinner at 6:00pm

Show at 7:30pm

Registration No. 323100-A

MTR Fee: \$34.00 NR Fee: \$39.00

Legends Live, Michigan's #1 Tribute Show, presents "The Saturday Night Sock Hop" featuring Buddy Holly, Gene Pitney, Jerry Butler, Ben E. King, The Everly Brothers, Roy Orbison, Johnny Rivers, and the best of 50's and 60's Doo Wop by Street Heart. Hosted by Master of Ceremonies Rockin' Ronnie. Tickets include a delicious buffet dinner, dancing, and a live show. A limited number of discounted tickets can be purchased through the Macomb Township Recreation. Just bring your receipt to Fernhill and exchange for the seat of your choice anytime after purchase, before the date of the show. Transportation is not provided.



BIANCO TOURS PRESENTS...

Donny & Marie "Christmas in Detroit"

at the Fox Theatre

Sunday, December 4, 2011

Registration No. 323100-C

MTR Fee: \$126.00 NR Fee: \$131.00

Your Bianco Tour Includes:

- Round Trip Deluxe Transportation
- Included Lunch (1:45pm) Located at Andiamo Riverfront in the beautiful GM Renaissance Center. Enjoy a house salad, pasta dish, vegetables, chicken picatta, beverage and dessert.
- Fox Theatre (4:00pm showtime, Main Floor Seating) – Featuring: "Donny & Marie - Christmas in Detroit"

America's favorite brother and sister duo are spending the holidays in Detroit! In the holiday tradition of the "Osmond Family Christmas" television specials, the legendary Donny and Marie invite you and your family to join them in celebrating the joy of the season in true Osmond fashion, in person, as the iconic pair share the spotlight on the Fox Theatre Stage. With a dash of Christmas spirit and their trademark show-stopping production numbers, you'll see your favorite holiday hits mixed with their irresistible chemistry that made them international stars leading into "Osmond-Mania" topping the charts.



BIANCO TOURS PRESENTS...

Chicago Style Christmas

Saturday, December 10, 2011

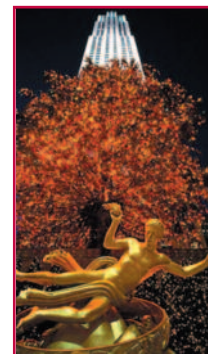
Registration No. 323100-D

MTR Fee: \$230.00 NR Fee: \$235.00

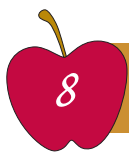
*Prices based on double occupancy / per person

Featuring:

- 1 Night at Four Points by Sheraton - Just off the Mag Mile in downtown Chicago!
- Shopping on State St. - One of Chicago's most popular shopping districts. Including the 11-story, 450 department Macy's store, which boasts a glorious Tiffany dome and recently completed a \$110 million renovation.
- Chicago's Magnificent Mile (Christmas Displays) - Truly spectacular Christmas displays in store windows line streets during this wonderful time of year. Enjoy a shoppers paradise filled with world-famous department stores and boutiques.
- Navy Pier - Visit the Smith Museum of Stained Glass, stop at one of the many specialty shops, wander through the funhouse maze, visit the beer garden, or eat at one of the many great restaurants.
- Christkindlmarket - Seasonal German and other European products and food will be offered from over 50 traditional timber cabins, including ornaments and decorations, wooden toys, nutcrackers, gingerbread cookies & much more! A large Half-Timber house & a large tent offer warming areas to enhance the event's unique atmosphere.



Flyers with additional information on any of the Bianco trips are available at the Macomb Township Recreation Center and the Marvin Blank Senior Center.



Holiday Nights

At Greenfield Village

Saturday, Dec. 10

5:00pm Departure

6:30-9:30pm Event Time

Registration No. (SEE BELOW)

Adult-Ages 13 years and above - 343100-D

MTR Fee: \$22.00 NR Fee: \$27.00

Youth-Ages 5-12 years - 343100-D1

MTR Fee: \$19.00 NR Fee: \$24.00

Children-Ages 0-4 years - 343100-D2

MTR Fee: \$5.00 NR Fee: \$10.00



Re-live fond memories of the comfort and joy of Christmas past. Lit by the soft glow of hundreds of lanterns, this Greenfield Village after dark experience is a wonderful evening not to be missed as houses are open to explore 300 years of American holiday traditions.

Includes a turn-of-the century tree lot, ice skating (rentals available on-site), authentically decorated homes, carriage or sleigh rides, carolers, musicians, live reindeer, Santa and Mrs. Claus, shopping, and more. Concessions are available during this program at the Village for additional fees. The night concludes as you take party in a community sing-along on the Village Green complete with fireworks.

Dress for the weather and extreme cold weather conditions - most activities are held outdoors.

Tips for the trip:

- Bring winter hat, boots, gloves, and dress in layers.
- Bring flashlight for walking around village streets are dimly lit.
- Bring snacks & beverages for bus trip to & from village.

Trip includes transportation by luxury motor coach and admission to Holiday Village Night Program.

Excursion departs from the Marvin Blank Senior Center, 19925 23 Mile Rd, east of Romeo Plank, at 5:00pm.

Legends Live Dinner Show

Fern Hill Golf & Country Club

17600 Clinton River Road

Clinton Township, MI 48038

Saturday, December 17, 2011

Dinner at 6:00pm

Show at 7:30pm

Registration No. 323100-B

MTR Fee: \$34.00 NR Fee: \$39.00



Legends Live, Michigan's #1 Tribute Show, presents "Christmas with The King" featuring Matt King one of the world's Top Ranked Elvis Tribute Artists. Plus musical tributes to: Dean Martin, Frank Sinatra, Johnny Mathis, and Brenda Lee. Make this Holiday Season a unforgettable experience! Tickets include a delicious buffet dinner, dancing, and a live show including some of your favorite Christmas songs made famous by these music legends. A limited number of discounted tickets can be purchased through the Macomb Township Recreation. Bring your receipt to Fern Hill anytime after purchase before the date of the show to be exchanged for the seat of your choice. Transportation is not provided.

BLUE LAKES CHARTERS & TOURS PRESENTS...

ArtPrize

Grand Rapids, Michigan

Thursday, October 6, 2011

Departure Time: 7:45am

Registration No. 323100-H

MTR Fee: \$80.00

NR Fee: \$85.00

Featuring:

- Transportation via Non-Smoking, Blue Lakes Charters & Tours motorcoach to Grand Rapids,
- Lunch at Charley's Crab in Grand Rapids
- Shuttle service to Art Prize Venues – "Get on and Get off at your own pace"
- Optional tour stop at the Gerald R. Ford Presidential Library and Museum (\$10.00)
- Official ArtPrize program with all the official exhibits



ArtPrize is the most recent addition to Grand Rapids exceptional history of public art. ArtPrize is a radically open competition. Open to any artist in the world who can find space. In its third year, ArtPrize has become an unexpected phenomenon. Part arts festival, part social experiment, part civic project, the event overtakes the entire city bringing in visitors from all over the world. The winner is decided by public vote. The ArtPrize organizers offer the largest cash prize for an art competition. Plan on joining us for this great one day event!

Flyers with additional information are available at the Macomb Township Recreation Center & the Marvin Blank Senior Center.

Detroit Lions

Ford Field

Sunday, October 16, 2011

vs. San Francisco 49ers

11:00am Departure/1:00pm Game Time

Registration No. 343200-A

MTR Fee: \$51.00 NR Fee: \$56.00



Here's your chance to experience the excitement of NFL football, Ford Field, and the Detroit Lions!

We will depart from the Marvin Blank Senior Center parking lot, located at 19925 23 Mile Road, east of Romeo Plank Road, at 11:00am, and return to Macomb Township immediately following the game.

Fee includes game ticket and transportation. Register at the community recreation center. Tickets are not in the 'Family Fun Zone'. Ticket sales are limited to 6 per household.

ENRICHMENT CLASSES



Silver & Sparkle Holiday Bracelet Class

Macomb Township Recreation Center

Wednesday, November 16

7:00-9:00 pm

Registration No. 341402-A

MTR Fee: \$14.00 NR Fee: \$19.00

MTRC Members receive \$5.00 discount

Instructor: Sandi Kirk

Class size: Minimum 6, Maximum 12

Time to sparkle for the Holiday season ahead! This beautiful and eye catching bracelet is done in sterling silver and sparkling crystal with a multi-ring toggle for the perfect fit. The silver beads are non tarnish sterling to provide for easy care and the clear Swarovski crystal beads will allow for this bracelet to match any outfit. This is a perfect class for beginners as well as experienced beaders.

A \$15.00 materials fee is required and payable to the instructor on the night of class.



Twist Bracelet Class

Macomb Township Recreation Center

Tuesday, October 18

7:00-9:00pm

Registration No. 341402-B

MTR Fee: \$14.00 NR Fee: \$19.00

MTRC Members receive \$5.00 discount

Instructor: Sandi Kirk

Class size: Minimum 4, Maximum 8

If you want to learn some new jewelry making techniques then this is the class for you. Not only will you take home a beautiful and stylish bracelet but you will also learn the proper way to use jump rings to link together beads and other components. We will use your choice of gold or silver links and vibrant Swarovski crystal twist beads to create a beautiful and custom fitted bracelet. Please bring jewelry tools if you have them or share ours, and **specify gold or silver when registering.**

A \$10.00 materials fee is required and payable to the instructor the night of class.

Easy Cabinet, Furniture & Accessories Refinishing Workshop

Macomb Township Recreation Center

Do your laminate or oak cabinets need a fresh update? Or do you have tired furniture that needs an affordable facelift? Learn how to add character and age to furniture, cabinets, accessories, medallions, mantles and trimwork. Start with a demo on distressing a cabinet door, then using the provided tools, instruction, and Caromal Colours paint products, refinish a piece of actual cabinet door, and distress a decorative wood frame that will be yours to take home. 'Caromal Colour' basecoat paints bond to almost any surface with NO stripping, sanding, or primer beforehand! Go home with the knowledge, ability and confidence to create new finishes or update your old ones.

Bring a blowdryer. Material Fee \$40.00 (Due at start of class.)

Photos and more info:

<http://fabulousfinishes.wordpress.com/caromal-colours>

MTR Fee: \$35.00 NR Fee: \$40.00

MTRC Members receive \$5.00 discount

Instructor: Patty Henning

Class size: Minimum 4, Max 10

Session	Day	Date	Time
341405-A	We	Sep 28	6:00-9:00pm
341405-B	We	Nov 16	6:00-9:00pm

Creative Coupons & More

Macomb Township Recreation Center

Learn the three rules for shopping: where to get the coupons, how to get organized and others ways to



save some serious money every week. Every student will receive a free coupon organizer and a special gift. This class will pay for itself in a week or two.

One time class:

MTR Fee: \$25.00 NR Fee: \$30.00

MTRC Members receive \$5.00 discount

Instructor: Dorrie Soborowski

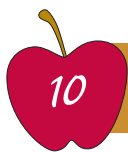
Class size: Minimum 1, Maximum 0

Session I	Days	Dates	Time
341405-C	Tu	Sep 20	7:00-9:00pm
Session II	Days	Dates	Time
341405-D	Th	Nov 10	7:00-9:00pm



We continue to be a collection site for the Non-Profit organization "Cell Phones for Soldiers". We are collecting old cell phones that will be turned into money to purchase phone cards to decrease the high cost of Soldiers' phone bills.

The collection box is at the front desk of the Recreation Center. Questions can be directed to Michelle at (586) 992-2900. Thank you to the many who have already donated!



SPECIAL EVENTS

Halloween Hoopla

A SPOOKY, KOOKY, DELIGHTFUL, FRIGHTFUL,
FAMILY FRIENDLY COSTUME CARNIVAL

Macomb Township Recreation Center
Friday, October 21 6:00-8:30pm
Registration No. 344302-A

MTR Fee: \$5.00 **NR Fee:** \$10.00
Fee per person all ages-adults & children



Everyone is invited to dress-up for the best party in town! Dance the night away at "Monster Studio 54", take a stroll down our **Trick or Treat Trail**, get your hair & nails done at the "Freaky Hair Salon & Spa", eat at our "Caution Café", make crafts at our "BOO"-tique, get your picture taken at our "Adam's Family Portrait Studio" and enjoy many other fun surprises and entertainment!

Coolers and "outside" food are not allowed,
concessions will be available for sale at the event.

Free Family Portrait compliments of:
Shelby Macomb Daybreakers Kiwanis Club

Entertainment Provided by:
Genisys Credit Union

Any business wishing to sponsor a table on the "Trick or Treat Trail" please call Michelle for more details at (586) 992-2900 ext. 2908



Ticket sales are limited and must be purchased in advance. There will be no tickets sold at the door. Tickets on sale until Monday, October 17, or until sold out (whichever comes first). Don't delay...**we sell out every year.**

Candy 4 Kids!

Donate Halloween Candy Leftovers!
Macomb Township Recreation Center

November 1-19

We will be collecting left-over Halloween Candy for 2 special projects! Your donations of candy will help make Christmas special for 'kids in need' through 'Macomb Charitable Foundation' and for the St. John Hospital 'Christmas Store'. For more information, please call Michelle at (586) 992-2900 Ext 2908.

"TAKE ME OUT TO THE BALLGAME"

Mother & Son Event - At Comerica Park / Detroit Tigers vs. Oakland Athletics

Sunday, September 25th / 11:15am Departure / 1:05pm Game Time

Registration No. 344102-A

MTR Fee: \$17.00 per person all ages-adults and children / **NR Fee:** \$22.00 per person all ages-adults and children

Moms and sons - here's your chance to spend a day enjoying an 'All American favorite pastime' together!

Package includes game ticket, transportation, snacks for the bus, commemorative mom/son photo, and memories that will last a lifetime.

It's also Kids Day, and kids 14 & under enjoy free rides on the Comcast Carousel and Ferris Wheel along with free face painting and clowns. After the game kids will have the chance to run the bases! (Weather Permitting)

We will depart from the Marvin Blank Senior Center parking lot, located at 19925 23 Mile Road, east of Romeo Plank Road, at 11:15am, and return to Macomb Township after the kids run the bases immediately following the game.



REGISTER AT THE COMMUNITY RECREATION CENTER. DON'T DELAY! TICKETS ARE LIMITED & SELL OUT FAST!

7th Annual HOLIDAY TREE LIGHTING & "AFTER GLOW"

FREE

Come join the Macomb Township Parks and Recreation Department as we welcome the holiday season with our 7th Annual Holiday Lighting Ceremony. The event begins outside with caroling, a greeting from Township officials, the "Macomb Charitable Foundation" Toy Collection campaign kick-off, the arrival of "Santa" & the Tree Lighting. After the ceremony join us inside the Recreation Center for a warm festive celebration including: **Refreshments, Crafts, 'Carol-o-ke' Entertainment & Visits with Santa!** Start a "New" tradition or 'Carry on' the tradition if you are one of our many past attendees!



Mark your calendars for
Wednesday, November 30 at 7:00pm
in front of Township Hall for this **FREE** event!

PREMIERE SPONSORS

**Genisys Credit Union
Macomb Orthodontics**

Auxiliary Sponsors

Eastside Endoscopy,
Michigan Schools &
Government Credit Union
HPS Advanced Dental Care
Macomb Optimist Club

Event Friends

Brohl's Greenhouses
Red Robin – Clinton Twp.
Empire Entertainment
St. Peter Lutheran
Church & School
Kiwanis Shelby-Macomb
Daybreakers
Macomb Twp. Fire Dept.

SANTA'S JINGLE JAMMIE TIME

Magical Holiday Fun (Registration Required)

Marvin Blank Senior Center

19925 23 Mile Road (one mile east of Romeo Plank)

**Friday, December 9
Reg. No. 344301-A**

**Saturday, December 10
Reg. No. 344301-B**

7:00-8:30pm

MTR Fee: \$5.00 per person all ages-adults and children

NR Fee: \$10.00 per person all ages-adults and children



Parents, don't miss this magical holiday experience with your family! Your kids are invited to spend an evening with Santa as he carves some time out of his very busy schedule just for them! Wear your pj's, bring a warm blanket, and "cozy up" with Santa as he reads some of his favorite holiday stories. Also, sing-along & jingle away with Santa to a few of his favorite holiday songs!

Afterwards you'll have a chance to visit with Santa (remember to bring your camera) and receive a special holiday give-away! You will also enjoy warm cocoa, cookies and a special holiday craft.

Doors open at 6:50pm – please plan accordingly.

Event begins at 7:00pm.



**Saturday
September 17**



**Registration begins at 2:30pm
Competition begins at 3:00pm
Registration No. 322101-A**

The official skills contest of the National Football League is coming to Macomb Township! This fun, free competition features three important aspects of football – punting, passing, and kicking. The national contest is sponsored by the NFL and coordinated in Michigan through the Michigan Recreation & Park Association.

FREE

FOOTBALL SKILLS CONTEST

Macomb Corners Park
(25 Mile Road, 1 mile east of Romeo Plank)

The competition is open to youngsters 8-15 years of age as of December 31, 2011, with separate divisions for boys and girls competing in 8-9yrs, 10-11 yrs, 12-13 yrs, and 14-15 yrs.

Contest rules require that all participants provide a copy of their birth certificate at the time of registration in order to be eligible to participate.

During the competition, participants must wear regular gym shoes. Cleats are not allowed. Each participant will only use the specific equipment (footballs and kicking tee) provided for this event by Macomb Township Parks & Recreation.

Thanks to the Macomb Mustangs for their support of this event and for promoting youth football and fitness.

PARTY IN THE PARK

MACOMB CORNERS PARK PHASE II PREMIER

FREE
Family Event

25 Mile (1 mile east of Romeo Plank on the N side)

SATURDAY, SEPTEMBER 24TH
12:00 - 2:00PM

Join us for a great day of fun as we celebrate the
Grand Opening of Phase II - Macomb Corners Park!

Celebration Includes :

- Ribbon Cutting at Noon
- Detroit Institute of Arts "Inside-Out Art Exhibit" 7 Famous Art Replicas temporarily installed on our new walking path! - (see more below)
- Hotdog Picnic Lunch (for first 600)
- "The Incredibles" in Concert
- Kidzone w/Inflatables
- Strolling Entertainment
- Family Fitness Station & 'Fun Run/Walk'
- Kick Start Toddler Soccer (ages 2-5yrs old). Fun games & activities scheduled throughout the day.
- Freckle the Frog/Photo OP (bring your cameras!)

SPONSORS:

Clinton-Macomb Sunrise Rotary Club
Henry Ford Macomb - Hospitals
Louie's Pizza
Metro Environmental Inc.
Pulte Homes
R.C. Hendricks & Sons Inc

Contributor: Better Made

Raffles & Giveaways



Macomb Township Parks & Recreation Department, along with the Detroit Institute of Arts (DIA), is proud to announce and introduce their program

INSIDE/OUT, in which they will take existing museum art and temporarily place these exhibits in outdoor areas in select Southeast Michigan cities. Macomb Township has been selected as one of the suburban Detroit cities that will be host to some high profile pieces of DIA art. The Detroit Institute of Arts has installed reproductions of famous works from its permanent collection on the main streets of metro Detroit. Celebrating the richness and diversity of the DIA's extensive collection, Inside/Out program is aimed to connect with audiences outside of the museum walls in a grand, open air gallery.

**CREATING COMMUNITY THROUGH
PEOPLE, PARKS AND PROGRAMS**

Euchre/Dinner Party

Adults 18 & Above

Marvin Blank Senior Center
19925 23 Mile Road
(one mile east of Romeo Plank)

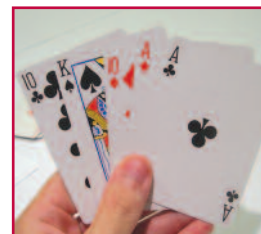
Friday, November 4

6:00-10:00pm

Registration No. 324202-A

MTR Fee: \$15.00

NR Fee: \$20.00



Come and play Euchre at this fun-filled (not too competitive) party. A great way to meet new people! Sign up as a single player (and your partner and opponents will be chosen by a "Luck of the Draw" format) in which you will meet and play with different people throughout the night.

Includes: Euchre Party entry fee, pizza and salad dinner, dessert, coffee, one entry into door prize raffle, and prizes for the top finishers.

Limited to the first 80 people. Register early! All players **MUST** know how to play Euchre in order to register and participate in this event. The Euchre Party in a non-smoking, non-alcohol event!

Registration Deadline is the Wednesday before the event.

Sorry, NO registrations at the door, we need to be sure we have the right # for teams ahead of time!

Event check-in and dinner at 6pm, with play starts after dinner.

Page-To-Stage

A theater and literacy program that brings to life stage adaptations of significant works of American literature world-class productions starring professional actors.

The American Place Theatre's production of
THE GIVER

By Lois Lowry

Tuesday, Nov. 15 & Wednesday, Nov. 16, 2011, 10:00am

Recommended for ages 10 and up

Aquila Theatre Company in
MACBETH

By William Shakespeare

Monday, Feb. 27, 2012, 10:00am

Take a guided tour of Macbeth, an educational performance meant to guide the audience through the play's key scenes.

Recommended for ages 14 and up

The American Place Theatre's production of
INCIDENTS IN THE LIFE OF A SLAVE GIRL

By Harriet Jacobs

Tuesday, Apr. 10 & Wednesday, Apr. 11, 2012, 10:00am

Recommended for ages 13 and up

Tickets: \$10 Adults, \$5 Students

Teacher or group leader **FREE** with group of 20 or more

586.286.2222 | www.MacombCenter.com

44575 Garfield Rd. (at Hall Rd.) · Clinton Township, MI 48038

A Community Enrichment Program of Macomb Community College

Aquatics – General Info

Macomb Township Recreation Center
20699 Macomb Street (off Broughton Rd., south of 25 Mile Rd.)

Swim Testing

Anyone NEW to our program, wishing to enroll in Levels 1 – 4 must first participate in a REQUIRED swim test to ensure correct placement in lessons. Children should come prepared to swim. Preschool swim lessons do not require a swim test. Please refer to the class descriptions when enrolling your child in a preschool lesson.

SWIM TESTS will be conducted Monday – Friday 6:00-9:00pm at the Macomb Township Recreation Center. No appointment necessary.

SPECIAL NOTE: *Participants may be registered for only one section of swim lessons at a time. Registering for consecutive sections may result in the participant being enrolled in an inappropriate level for a later section, and cancellation may be required.*

MAKE-UP Swim Lessons

There will be no MAKE-UP classes or refunds for classes that participants are unable to attend.

If the pool is closed due to weather or maintenance, causing classes to be cancelled, a make-up class would occur on the next day in the sequence of classes after the last scheduled class date.

USE OF THE FACILITY

Participants will be allowed into the locker room facility NO SOONER THAN 15 MINUTES prior to the start of your swim lesson. Participants will be allowed in the water during their swim lesson only. See Aquatic Center schedule for times the pool is open for Open Swim.

ONLINE REGISTRATION

Swim Lessons are now available to register for online. Before you can register online for any classes you must call the recreation center for your household I.D. and password. Don't forget your swim test if you are new to the program. Placing your child in the wrong level may result in being cancelled from the class.

ATTENTION AQUATICS PARTICIPANTS:

Participants will be allowed into the locker room facility no sooner than 15 minutes prior to the start of your swim lesson. Participants will be allowed in the water during their swim lesson only. See Aquatic Center schedule for times the pool is open for Open Swim.

Aquatics Registration Information

SWIM LESSON REGISTRATION TIMETABLE

All swim lessons, including Adult and Private lessons will follow this schedule.

PARTICIPANTS MAY BE ENROLLED IN ONLY ONE CLASS AT A TIME.

Monday, August 29, Beginning at 6:00am – Sessions 1 – 4 are available for RESIDENT ONLINE registration.

Monday, August 29, Beginning at 12:00pm – Sessions 1 – 4 are available for RESIDENT registration (Online, Walk-In & Mail).

Thursday, September 1, 6:00am – Sessions 1 – 4 available for resident and non-resident registration.

Monday, October 17, Beginning at 6:00am – Sessions 5 & 6 are available for RESIDENT registration.

Thursday, October 20, Beginning at 6:00am – Sessions 5 & 6 are available for resident and non-resident registration.

PLEASE NOTE: *Participants may be enrolled in only ONE swim class at a time. Participants enrolled in multiple sessions of swim classes will be removed from all additional classes and credits will be placed on household accounts. Please register your children for only ONE swim class at a time*

MAKE-UP Swim Lessons

There will be no MAKE-UP classes or refunds for classes that participants are unable to attend.

MTPR CANCELLATIONS HOTLINE
(586) 992-2909

Lifeguard Training

American Red Cross

Macomb Township Recreation Center

Saturday – Thursday

October 15-20

Registration No. 311115-A

3:00-8:00pm – Saturday

12:00-8:00pm – Sunday

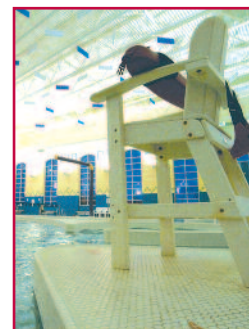
4:00-9:00pm – Monday-Thursday

MTR Fee: \$185.00 NR Fee: \$190.00

MTRC Members receive \$5.00 discount.

Class Size: Minimum 6, Maximum 10

Ages 15 years and above (Participant MUST be 15 years by October 15, 2011). The course content and activities prepare participants to recognize and respond quickly and effectively to emergencies and prevent drowning and injuries. Participants who successfully complete this course will receive certifications in Lifeguarding, First Aid, CPR and AED.





AQUATICS

Swim Lesson Class Descriptions

Preschool Swim Lessons (6 months – 4 years)

MTR Fee: \$50.00 **NR Fee:** \$55.00

MTRC Members Receive \$5.00 discount

Please note: Children 5 Years of age & older should NOT be enrolled in the Preschool Program. Please look at the Learn-To-Swim Program for classes suitable for 5 years and above. The zero depth pool will be used minimally during the first 2 instruction times. All other classes will be instructed from the activity pool.

LEVEL A (6 months – 2 years)

Children 3 years & above should NOT be enrolled in this level

Parent **MUST** accompany child in the water

Activities include: Enter/exit water safely, feel comfortable in the water, submerge, explore buoyancy on front and back, change body position in water, and learn about choosing and using life jackets. This is a class for children who **MUST** have a parent with them in the water.

LEVEL B (2 – 4 years)

Children 5 years & above should NOT be enrolled in this level

This is a transition class from parent to instructor. Parents will be expected to get in the water if the instructor feels it is necessary. Children in this class may be apprehensive of the water or working with a new instructor or it may be their first experience with swimming pools. Additional skills introduced will include: submerging in a rhythmic pattern, performing combined stroke on front and back.

LEVEL C (3 – 4 years)

Children 5 years & above should NOT be enrolled in this level

Child works independently with instructor. Parents are **NOT** allowed in the water. Child must be comfortable going underwater and be able to listen and follow directions. Children will explore deeper parts of the pool. They will also begin working on combined strokes on front and back. Successful completion of Level C will aid in a smooth transition into Level 1.

Learn-To-Swim (5 – 12 years)

MTR Fee: \$50.00 **NR Fee:** \$55.00

MTRC Members Receive \$5.00 discount

Level 1 – Introduction to Water Skills

Participants will participate in activities which allow them to feel comfortable in the water and enjoy the water safely. Students will learn elementary aquatic skills such as breath control and underwater swimming, buoyancy, swimming on front and back and personal water safety. (Prerequisite: Participation in Swim Test)

Level 2 – Fundamental Aquatic Skills

Participants explore simultaneous and alternating arm and leg action on the front and back. This lays the foundation for future strokes such as freestyle, backstroke and butterfly. (Prerequisite: A Learn-to-swim Level 1 certificate or demonstrated competency of Level 1 skills through a Swim Test)

Level 3 – Stroke Development

Participants will learn to coordinate the front and back crawls. They will also learn elements for the butterfly and the fundamentals of treading water. (Prerequisite: A Learn-to-swim Level 2 certificate or demonstrated competency in Level 2 skills through a Swim Test)

Level 4 – Stroke Improvement

Participants will improve skills and increase endurance by swimming greater distances. Elementary backstroke, Breaststroke and elements of sidestroke are introduced. (Prerequisite: A Learn-to-swim Level 3 certificate or demonstrated competency in Level 3 skills through a Swim Test)

MTPR CANCELLATIONS HOTLINE

(586) 992-2909

CPR & First Aid Training

Macomb Township Recreation Center

Be prepared for breathing and cardiac emergencies for people of all ages. This eight hour course teaches easy-to-learn emergency procedures to use in critical life threatening situations as well as first aid procedures. Upon successful completion of this class you will receive certifications in Adult, Child, and



Infant CPR and First Aid. (30 minutes will be allotted for lunch – bring a sack lunch or money).

MTR Fee: \$100.00 **NR Fee:** \$105.00

MTRC Members receive \$5.00 discount.

Class Size: Minimum 8, Maximum 16

Session I	Days	Dates	Time
341115-A	Su	Sep 25	9:00am-5:00pm
341115-B	Su	Nov 6	9:00am-5:00pm

AQUATICS



Preschool Swim Programs (Ages 6 months to 4 years)

For detailed descriptions of the classes please see page 14.

There will be no MAKE-UP classes or refunds for classes that participants are unable to attend.

DATE/DAYS	LEVEL A		LEVEL B		LEVEL C	
Session 1 Mo/We Sep 12-Oct 10	10:10-10:40am 4:50-5:20pm	316007-A 316007-B	9:00-9:30am 11:20-11:50am 4:15-4:45pm 5:25-5:55pm	316008-A 316008-B 316008-C 316008-D	9:35-10:05am 10:45-11:15am 4:50-5:20pm	316009-A 316009-B 316009-C
Session 2 Tu/Th Sep 13-Oct 11			9:00-9:30am 11:20-11:50am 1:40-2:10pm 4:15-4:45pm 5:25-5:55pm	316008-E 316008-F 316008-G 316008-H 316008-I	9:35-10:05am 10:10-10:40am 10:45-11:15am 2:15-2:45pm 4:50-5:20pm	316009-D 316009-E 316009-F 316009-G 316009-H
Session 3 Sa Sep 24-Nov 19	9:20-9:50am 9:55-10:25am 10:30-11:00am	316007-C 316007-D 316007-E	8:10-8:40am 8:10-8:40am 8:45-9:15am 8:45-9:15am 9:20-9:50am 9:55-10:25am 10:30-11:00am 11:05-11:35am 11:05-11:35am	316008-J 316008-K 316008-L 316008-M 316008-N 316008-O 316008-P 316008-Q 316008-R	8:10-8:40am 8:10-8:40am 8:45-9:15am 8:45-9:15am 9:20-9:50am 9:55-10:25am 10:30-11:00am 11:05-11:35am 11:05-11:35am	316009-I 316009-J 316009-K 316009-L 316009-M 316009-N 316009-O 316009-P 316009-Q
Session 4 Su Sep 25-Nov 20	10:45-11:15am	316007-F	10:10-10:40am 10:45-11:15am 11:20-11:50am	316008-S 316008-T 316008-U	10:10-10:40am 10:10-10:40am 10:45-11:15am 11:20-11:50am 11:20-11:50am	316009-R 316009-S 316009-T 316009-U 316009-V
Session 5 Mo/We Oct 24-Nov 21	10:10-10:40am 4:50-5:20pm	316007-G 316007-H	9:00-9:30am 11:20-11:50am 4:15-4:45pm 5:25-5:55pm	316008-V 316008-W 316008-X 316008-Y	9:35-10:05am 10:45-11:15am 4:50-5:20pm	316009-W 316009-X 316009-Y
Session 6 Tu/Th Oct 25-Nov 22			9:00-9:30am 11:20-11:50am 1:40-2:10pm 4:15-4:45pm 5:25-5:55pm	316008-Z 316008-ZA 316008-ZB 316008-ZC 316008-ZD	9:35-10:05am 10:10-10:40am 10:45-11:15am 2:15-2:45pm 4:50-5:20pm	316009-Z 316009-ZA 316009-ZB 316009-ZC 316009-ZD

Learn-To-Swim Programs (Ages 5 years – 12)

For detailed descriptions of the classes please see page 14

There will be no MAKE-UP classes or refunds for classes that participants are unable to attend.

DATE/DAYS	LEVEL 1		LEVEL 2		LEVEL 3	
Session 1 Mo/We Sep 12-Oct 10	4:15-4:45pm 4:50-5:20pm 5:25-5:55pm	316001-A 316001-AA 316001-B	4:15-4:45pm 4:50-5:20pm 5:25-5:55pm	316002-A 316002-B 316002-C	4:15-4:45pm	316003-A
Session 2 Tu/Th Sep 13-Oct 11	1:05-1:35pm 4:15-4:45pm 4:50-5:20pm 5:25-5:55pm	316001-C 316001-D 316001-E 316001-F	2:50-3:20pm 4:15-4:45pm 4:50-5:20pm 5:25-5:55pm	316002-D 316002-E 316002-F 316002-G	4:15-4:45pm 5:25-5:55pm	316003-B 316003-C
Session 3 Sa Sep 24-Nov 19	8:10-8:40am 8:10-8:40am 8:45-9:15am 8:45-9:15am 9:20-9:50am 9:20-9:50am 9:55-10:25am 9:55-10:25am 10:30-11:00am 10:30-11:00am 11:05-11:35am	316001-G 316001-H 316001-I 316001-J 316001-K 316001-L 316001-M 316001-N 316001-O 316001-P 316001-Q	8:10-8:40am 8:45-9:15am 9:20-9:50am 9:55-10:25am 10:30-11:00am 11:05-11:35am 11:05-11:35am	316002-H 316002-I 316002-J 316002-K 316002-L 316002-M 316002-N	9:20-9:50am 10:30-11:00am	316003-D 316003-E
Session 4 Su Sep 25-Nov 20	10:10-10:40am 10:45-11:15am 11:20-11:50am	316001-R 316001-S 316001-T	10:10-10:40am 10:45-11:15am 11:20-11:50am	316002-O 316002-P 316002-Q		
Session 5 Mo/We Oct 24-Nov 21	4:15-4:45pm 4:50-5:20pm 5:25-5:55pm	316001-U 316001-V 316001-W	4:15-4:45pm 4:50-5:20pm 5:25-5:55pm	316002-R 316002-S 316002-T	4:15-4:45pm	316003-F
Session 6 Tu/Th Oct 25-Nov 22	1:05-1:35pm 4:15-4:45pm 4:50-5:20pm 5:25-5:55pm	316001-X 316001-Y 316001-Z 316001-ZA	2:50-3:20pm 4:15-4:45pm 4:50-5:20pm 5:25-5:55pm	316002-U 316002-V 316002-W 316002-X	4:15-4:45pm 5:25-5:55pm	316003-G 316003-H

MAKE-UP Swim Lessons
There will be no MAKE-UP classes or refunds for classes that participants are unable to attend.

NOTE: Level 4, Private, Semi Private & Adult Lessons can be found on page 16.



AQUATICS

Adult & Private Swim Lessons

Macomb Township Recreation Center

Participants will discuss their goals for this class with the instructor prior to beginning class. Instructor will cater the lesson to meet your goals. Whether you want to refine strokes or have never been in the water before, we will get you moving in the direction you need. Pairing of student is not provided by MTPR for Semi-Private lessons and must be registered at the same time. There will be no make-up classes or refunds for classes that participants are unable to attend.

Please refer to the Swim Lesson Timeline for registration dates for each session. Pg. 13

Adult & Private Lessons

MTR Fee: \$95.00 **NR Fee:** \$100.00

MTRC Members receive \$5.00 discount.

Semi Private Lessons

(i.e., Sibling, Friend of same skill level)

MTR Fee: \$75.00 per person

NR Fee: \$80.00 per person

MTRC Members receive \$5.00 discount.

Session 1	Days	Dates	Time
326001-A	Mo/We	Sep 12-Oct 10	7:00-7:30pm
326001-B	Mo/We	Sep 12-Oct 10	7:35-8:05pm
326001-C	Mo/We	Sep 12-Oct 10	8:10-8:40pm
Session 2	Days	Dates	Time
326001-D	Tu/Th	Sep 13-Oct 11	12:30-1:00pm
326001-E	Tu/Th	Sep 13-Oct 11	7:00-7:30pm
326001-F	Tu/Th	Sep 13-Oct 11	7:35-8:05pm
326001-G	Tu/Th	Sep 13-Oct 11	8:10-8:40pm
Session 5	Days	Dates	Time
326001-H	Mo/We	Oct 24-Nov 21	7:00-7:30pm
326001-I	Mo/We	Oct 24-Nov 21	7:35-8:05pm
326001-J	Mo/We	Oct 24-Nov 21	8:10-8:40pm
Session 6	Days	Dates	Time
326001-K	Tu/Th	Oct 25-Nov 22	12:30-1:00pm
326001-L	Tu/Th	Oct 25-Nov 22	7:00-7:30pm
326001-M	Tu/Th	Oct 25-Nov 22	7:35-8:05pm
326001-N	Tu/Th	Oct 25-Nov 22	8:10-8:40pm

Water Aerobics

Macomb Township Recreation Center

This shallow water workout program combines water and weights for a thorough cross training experience. You will notice an increase in strength and cardiovascular fitness. This class caters to all fitness levels. Beginners are encouraged to attend. It's a great program for anyone and is particularly suited to those who experience minor joint, knee or back problems.

Punch Cards will be picked up at the check-in desk the first day of class. Card must be shown at the front desk for admittance into the building and brought out onto the pool deck to be accounted for.

14 Class Punch Card:

MTR Fee: \$62.00 **NR Fee:** \$67.00

MTRC Members receive \$5.00 discount

7 Class Punch Card:

MTR Fee: \$31.00 **NR Fee:** \$36.00

MTRC Members receive \$5.00 discount

Drop-in fee during sessions is \$10.00 per class.

Session 1 Class Schedule

Sep. 12 – Oct. 27

Mo – Th 9-10am

Mo – Th 6-7pm

321319-A 14 punch card

321319-B 7 punch card

Registration Deadline: Sep. 9

Session 2 Class Schedule

Nov. 1 – Dec. 21 (No Classes 11/24 & 11/30)

Mo – Th 9-10am

Mo – Th 6-7pm

321319-C 14 punch card

321319-D 7 punch card

Registration Deadline: Oct. 28

Drop in classes will NOT be available between Session 1 & 2.
See Aquatics General information for Make-up Policy.



Level 4 - Swim Lessons

Macomb Township Recreation Center

Please read the descriptions and details for these lessons on Page 14. Swim Tests will be required for these classes if your child has not already participated in our swim program in the past.

There will be no make-up classes or refunds for classes that participants are unable to attend.

Please refer to the Swim Lesson Timeline for registration dates for each session. Pg. 13

MTR Fee: \$50.00 **NR Fee:** \$55.00

MTRC Members receive \$5.00 discount.

Class size: Minimum 3, Maximum 6

Session 1	Days	Dates	Time
316004-A	Mo/We	Sep 12-Oct 10	5:25-5:55pm
Session 2	Days	Dates	Time
316004-B	Tu/Th	Sep 13-Oct 11	4:50-5:20pm
Session 3	Days	Dates	Time
316004-C	Sa	Sep 24-Nov 19	9:55-10:25am
Session 5	Days	Dates	Time
316004-D	Mo/We	Oct 24-Nov 21	5:25-5:55pm
Session 6	Days	Dates	Time
316004-E	Tu/Th	Oct 25-Nov 22	4:50-5:20pm

Senior Matinee

Ages 55 & Up

Marvin Blank Senior Center
19925 23 Mile Rd. (one mile east of Romeo Plank)

Come spend the afternoon with us as we transform the Senior Center into a movie theater! Each movie shown will be a "Newer Release," please check our monthly calendar posted on our website: www.macomb-mi.gov to find out which movie we will be showing on the big screen. The registration fee is for related refreshment costs.



MTR Fee: \$1.00 NR Fee: \$2.00

Fridays ~ 12:30-2:30pm

September 16, 2011

December 2, 2011

Senior Euchre Party

Ages 55 & Up

Marvin Blank Senior Center
19925 23 Mile Rd.
(one mile east of Romeo Plank)

Check-In: 12:45pm

Play Beginning at 1:00pm

MTR Fee: \$6.00 NR Fee: \$11.00

Registration Deadline is one week before the party.

Reg. No.	Day	Date	Time
324202-B	Fr	Oct 7	12:45pm

Come join us for an afternoon Senior Euchre Party! Sign up as a single player and your partner and opponents will be chosen in a "Luck of the Draw" format.

INCLUDES: Euchre Party entry fee of 8 rounds, snacks, coffee, one entry into door prize raffle and prizes for the top finishers. *(Remember: Snacks will not be served until half way through the event – so be sure to eat an early lunch before arriving!)*



Senior "Harvest" Lunch

Lunch & Learn @ Lorenzo Cultural Center

44575 Garfield Rd.
Clinton Township, MI 48038

Thursday, October 6, 2011

11:30am @ the Center Stage Restaurant

Registration No. 323100-E

Registration Deadline: September 22, 2011

Round up your friends and meet us at the Center Stage Restaurant for a delectable lunch located inside the Lorenzo Cultural Center. After lunch head on into the Lorenzo Cultural Center and experience their "Michigan's Harvest: Food Farming & Community Exhibit," featuring a FREE seminar, "To Your Health! Food and Safety in the Home."

Everyone provides their own transportation and pays for their own lunch, sales tax and gratuity from the restaurant menu.

Trip Max: 24

Senior Bracelet Class

Amethyst and Crystal

Marvin Blank Senior Center
19925 23 Mile Rd. (one mile east of Romeo Plank)

Wednesday, October 12

10:00am-12:00pm

Registration No. 334000-C

MTR Fee: \$15.00 NR Fee: \$20.00

Instructor: Sandi Kirk

Class size: Minimum 6, Maximum 12

If you are 55 or older and you missed this class before, this is your chance to make an easy and eye catching bracelet. This beauty is made with rectangular amethyst and light amethyst Swarovski crystal beads and crystal sqaredelles. A heart shaped clasp tops it off. We will learn basic crimping and stringing techniques that ensure a custom fit. **All materials are included in class fee.**

Angel Night Light Craft

Marvin Blank Senior Center
19925 23 Mile Rd. (one mile east of Romeo Plank)

Wednesday, November 2

10:00am-12:00pm

Registration No. 334000-A

MTR Fee: \$8.00 NR Fee: \$13.00

Instructor: Sandi Kirk

Class size: Minimum 6, Maximum 12

For the holidays or anytime this cute little angel will light up your way! This is an easy to make craft made from lace and a plain nightlight that will bring a smile to your face everytime you see it. We will be using glue guns and simple supplies. **Everything is included in the class fee.**

Chicks With Sticks

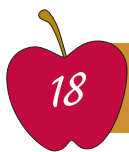
Knitting & Crochet Group for Seniors 55 & Up

Please join us every Thursday at the Macomb Township Senior Center from 10:00am-12:30pm to knit & crochet. It does not matter on your level of experience – this group is for both the beginner and the experienced. It is a great opportunity to meet new people and share your talents.

We ask that you bring all your own supplies. Yarn and needles are available for practice.

Please note: The group will not meet on September 1st, November 24th, December 22nd and December 29th.





SENIOR ACTIVITIES

Reinventing Retirement

(Ages 55 & Up)

Marvin Blank Senior Center
19925 23 Mile Rd. (one mile east of Romeo Plank)

Wednesday, October 26, 2011

10:00-11:30am

Registration No. 334000-B

Registration Deadline: Wednesday, October 19, 2011

Class Size: Minimum 10/Maximum 60

Reinventing Retirement will focus on how you define or redefine your retirement years. You will have the opportunity to examine your vision of retirement, answering questions about how to use your time and energy to pursue a meaningful and fulfilling path.



Senior/Adult Volleyball Play

Macomb Township Recreation Center

Tuesdays, 9:00am-11:00am

Seniors/Adults come play Volleyball every Tuesday morning!

This program is free for members.



Senior/Adult Basketball Play

Macomb Township Recreation Center

Thursdays, 9:00 am – 11:00am

Seniors/Adults come play Basketball every Thursday morning!

This program is free for members.



Senior Pickleball

Macomb Township Recreation Center

Mondays & Wednesdays (4 Courts)

8:00-10:00am Beginners

10:00am-2:00pm Advanced

Fridays (2 Courts)

8:00-10:00am Beginners

10:00am-2:00pm Advanced



A very popular sport, with an unlikely name, has found its way to Macomb Township! Pickleball is a sport described as “a combination of ping-pong, tennis, and badminton”. Smaller than a Tennis game- larger than a Table Tennis game- Pickleball is played on a badminton size court. Played with a paddle and a wiffle ball, this game is a lot of fun whether you are a beginner or a more advanced player. No equipment needed for beginner participants! **This program is free for members.**

Beginner Instruction is held the 1st & 3rd Monday of every month from 9-10am.

Tom Valentine of “Pickleball Goodies”, will conduct a beginner clinic on the 2nd WED of every month from 9-10am. ‘Pickleball Goodies’ will display pickleball paddles, balls etc., at these clinics!

Health & Wellness Lectures For Those “55 or Better”



Sponsored by St. John Providence Health System’s CareLink in partnership with Macomb Township Parks and Recreation

Marvin Blank Senior Center

19925 23 Mile Road (one mile east of Romeo Plank Rd.)

Pre-registration recommended ensuring availability of adequate refreshments and handouts. To pre-register, call 586-992-2900.

FOOD CHOICES TO INCREASE ENERGY

Tuesday, September 20

10:00-11:00am

Registration No. 234000-J

Class size: Maximum 50

CareLink
Special link for those age “55 or better”



The food we select, plus how and when we eat it can affect our energy level, stress, mood and immune system. Learn strategies for healthy eating and burning fat. Then, learn about specific foods that help increase our alertness and energy – and about those that make us tired and increase our waistline. Refreshments provided.

Presenter: Kelly K. Machesky, MD, Family Medicine Physician and Bariatrician, St. John Providence Weight Loss

WINTER FITNESS STRATEGIES

Tuesday, October 18

10:00-11:00am

Registration No. 334000-E

Class size: Maximum 50

CareLink
Special link for those age “55 or better”



Learn how you can keep active and energized this winter through exercise. Simple exercise strategies will be explained and demonstrated. Plus, learn more about Individual Personal Training and a variety of indoor exercise options and classes that offer discounts to CareLink members. Refreshments provided.

Presenter: Shannon Stermer, Physical Therapist Assistant, Certified Personal Trainer and Pilates Instructor, St. John Providence Health System Rehabilitation

BONE HEALTH & VITAMIN D

Tuesday, November 15

10:00-11:00am

Registration No. 334000-F

Class size: Maximum 50

CareLink
Special link for those age “55 or better”



Learn more about the amazing vitamin D and its many benefits. Simply living in Michigan puts you at risk for too little of this important vitamin, so learn how to supplement your intake for bone health, muscle strength and preventing serious disease. Refreshments provided.

Presenter: Cynthia Browne, MD, Radiation Oncologist with a Specialty in Breast Cancer and Nutrition on staff at St. John Hospital and Medical Center

TRIAL MEMBERSHIPS DO NOT QUALIFY FOR MEMBERSHIP DISCOUNT

Gentle Yoga For Seniors

Macomb Township Recreation Center

This class is especially for seniors and less flexible beginners over 50. These gentle stretching exercises inspire and support increased vitality, strength and flexibility. The benefits of practicing yoga are endless and they hold true at any age. Please bring a yoga mat and be prepared to work in bare feet.



MTR Fee: \$57.00 **NR Fee:** \$62.00
MTRC Members receive \$5.00 discount

Instructor: Jasmin L. Cromwell
7 week sessions

Session	Day	Dates	Time
331309-C	Fr	Sep 16-Oct 28	10:00-11:00am
331309-D	Fr	Nov 4-Dec 16	10:00-11:00am

Forever Fit

"It's never too late to start feeling great!"

Macomb Township Recreation Center

Ages 55 & Up

"Use it or lose it." There's no population that benefits more from exercise than seniors. This program is designed with easy to follow exercises for beginners ages 55 & over. This class will help reduce the risks of many age-related medical conditions such as arthritis, diabetes, obesity, high blood pressure & cholesterol, osteoporosis, bone fractures, heart disease & depression. This class is not interchangeable with any other class, no punchcard.

MTR Fee: \$55.00 **NR Fee:** \$60.00 (\$10 late fee*)
MTRC Members receive \$5.00 discount

Session I	Days	Dates	Time
331309-A	Tu/Th	Sep 13-Oct 27	9:00-10:00am
Session II	Days	Dates	Time
331309-B	Tu/Th	Nov 1-Dec 20	9:00-10:00am

No Class on Thanksgiving, November 24th

Macomb Township Veterans & First Responders Memorial

If you are interested in purchasing a \$50.00 brick paver for the new "Veterans & First Responder Memorial", please contact : Nancy Nevers, The Macomb Twp Community Foundation @ (586) 491-3206. **Thank you!**

Aerobic Class Policies

Late Registration Fee – Participants who register after the registration date will be assessed a late registration fee per class. Mail-in registrations postmarked on or before these dates will not be assessed this fee.

Late Fee: \$10.00 per class

Registration Deadline:

Session I: **Friday, September 9, 2011**

Session II: **Friday, October 28, 2011**

Late registration fee will be assessed to all registering participants after the above indicated dates.

**Participants who are currently registered in class, who wish to register for an additional card during session for the same priced class, will not be assessed the late fee.*

Aerobic Class Punch Cards

Punch cards will be issued to all registered participants in our fitness classes(except Forever Fit & youth classes). Cards will be picked up at the check-in desk during the first week of classes and at the front desk after the first week. Punch cards are interchangeable with classes listed on the back side of the punch cards. Punch cards must be presented at the front desk for admittance into the building and dropped in the basket prior to entering class to be accounted for. Cards will be punched during class and available for pick-up after class. Participation in class will not be allowed without a punch card.

Drop-In Aerobics

There will be no Drop-In Aerobics scheduled between sessions 1 & 2 in this brochure cycle. During regular sessions, the drop-in fee is \$10.00 per class.

Total Body Transformation Training

Macomb Township Recreation Center

We will motivate and transform your mind and body with this new Total Body Transformation workout. This high energy workout will have you sweating and shedding those unwanted pounds in no time! Guaranteed to boost your metabolism and is specifically geared to help you lose body fat and achieve a high level of physical conditioning. This class will definitely challenge and motivate you! This class includes a variety of cardio with interval and strength training techniques. Please bring mats and weights to class.

MTR Fee: \$62.00 **NR Fee:** \$67.00 (\$10 late fee*)

One Day/Week Fee: \$31.00 **NR Fee:** \$36.00

MTRC Members receive \$5.00 discount

Session I	Days	Dates	Time
321326-A	Mo/We	Sep 12-Oct 26	7:45-8:45pm
321326-B	One Day		

Session II	Days	Dates	Time
321326-C	Mo/We	Nov 2-Dec 21	7:45-8:45pm
321326-D	One Day		

No Class on Wed. Nov. 30 Holiday Tree Lighting



ADULT FITNESS

YOGA CLASSES

Macomb Township Recreation Center

Fitness Yoga

A strong dynamic form of yoga. This type of class is ideal for increasing flexibility and toning while sculpting and strengthening the muscles. You will leave feeling strong with a calm mind. Great for those who wish to reduce mental and physical stress. Please bring mats to class.



MTR Fee: \$57.00 **NR Fee:** \$62.00 (*\$10 late fee)

MTRC Members receive \$5.00 discount

Session I	Days	Dates	Time
321303-A	Tu	Sep 13-Oct 25	7:15-8:15pm

Session II	Days	Dates	Time
321303-B	Tu	Nov 1-Dec 13	7:15-8:15pm

Slow Flow Yoga (Beginners)

Slow Flow Yoga is a slower paced yoga class that takes time and focuses on the fundamentals of yoga. This class offers balanced yoga that cultivates strength and flexibility throughout the whole body and links posture and slow breathing. Slow Flow yoga provides toning and strengthening the body, developing a flexible spine, clarity, the ability to focus and concentrate and greater self-awareness. Please remember to bring a yoga mat, wear comfortable clothes, and be prepared to practice in bare feet. All yoga levels are welcome.

MTR Fee: \$57.00 **NR Fee:** \$62.00 (*\$10 late fee)

MTRC Members receive \$5.00 discount

Session I	Days	Dates	Time
321303-E	We	Sep 14-Oct 26	7:15-8:15pm

Session II	Days	Dates	Time
321303-F	We	Nov 2-Dec 21	7:15-8:15pm

No Class on Wed. Nov. 30 Holiday Tree Lighting

Pilates/Yoga For Weight Loss

A yoga class for obtaining a strong core using slow stretches, muscle control, and flowing sequences to raise heart rate and metabolism. Change the way you use your breath to calm the body and the mind. Obtain flexibility, core strength, muscle endurance, and a more peaceful mind on and off the mat.

MTR Fee: \$57.00 **NR Fee:** \$62.00 (*\$10 late fee)

MTRC Members receive \$5.00 discount

Session I	Days	Dates	Time
321306-A	Tu	Sep 13-Oct 25	6:00-7:00pm
321306-B	Fr	Sep 16-Oct 28	9:30-10:30am

Session II	Days	Dates	Time
321306-C	Tu	Nov 1-Dec 13	6:00-7:00pm
321306-D	Fr	Nov 4-Dec 16	9:30-10:30am

ZUMBA PROGRAMS

Zumba

Macomb Township Recreation Center

Join the latest craze in the area! Zumba Fitness is here!!! Mixed with dance & fitness moves this latin-inspired fitness class will make you sweat up to 600 calories and you'll be coming back for more! You don't need to know how to dance just how to have fun!!! Zumba involves a high & low intensity workout with international rhythms & music designed to give you a great time and a great body!

MTR Fee: \$57.00 **NR Fee:** \$62.00 (*\$10 late fee)

MTRC Members receive \$5.00 discount

Session I	Days	Dates	Time
321334-A	Tu	Sep 13-Oct 25	7:00-8:00pm
321334-B	Fr	Sep 16-Oct 28	9:30-10:30am

Session II	Days	Dates	Time
321334-C	Tu	Nov 1-Dec 13	7:00-8:00pm
321334-D	Fr	Nov 4-Dec 16	9:30-10:30am

Zumba (Beginners)

Macomb Township Recreation Center

Exercise in Disguise! Zumba is a Latin-inspired, dance fitness class that incorporates Latin music and dance movements. This is the hottest dance craze! This class is designed for the beginner, the active older adult. It's easy to follow! The main difference is that Zumba beginners is done at a lower intensity, not so fast, but just as much fun!

MTR Fee: \$57.00 **NR Fee:** \$62.00 (\$10 late fee*)

MTRC Members receive \$5.00 discount

Session I	Days	Dates	Time
331309-E	Mo	Sep 12-Oct 24	9:00-10:00am

Session II	Days	Dates	Time
331309-F	Mo	Nov 7-Dec. 19	9:00-10:00am



Small Private Group Training Class

Macomb Township Recreation Center

Triple your fun and share the cost!

Train with friends, family, neighbors or co-workers! Start your own group or join a group. We offer small group training for 3 to 6 participants. Small group personal training offers you the benefits of having your own trainer... at a fraction of the cost of private training. And perhaps best of all – It's FUN!! Let a personal trainer lead you through a challenging, full body weight workout that will get you in the best shape of your life!!! Please contact Personal Trainer Maria Marino to set up your appointments! Morning and evening appointments available!!

3-4 People — Must sign up as a group.

Class Cost: \$120 per person
6 weeks, one day per week

Personal Group Training

Macomb Township Recreation Center

Maria Marino, certified personal trainer, will lead you through an intense fitness program designed to put you in the best shape of your life. This high energy workout will have you sweating, losing fat, increasing muscle and shedding those unwanted pounds in no time! Guaranteed to boost your metabolism! You'll be surrounded by people just like you, who want to make dramatic changes in their physical and mental well-being. This class includes a variety of cardio with interval and strength training techniques.

Class may consist of 7 to 10 participants.

MTR Fee: \$90.00 **NR Fee:** \$95.00 (*\$10 late fee)

MTRC Members receive \$5.00 discount

Session I	Days	Dates	Time
321317-A	Fr	Sep 16-Oct 21	9:30-10:30am
Session II	Days	Dates	Time
321317-B	Fr	Nov 4-Dec 9	9:30-10:30am

Interval Training

(Cardio & Weights Combo)

Macomb Township Recreation Center

Burn fat with a cardio & weight training workout that alternates segments of cardio with segments of weight training. This is the ultimate cross-training class with athletic type exercises that will get your heart pumping and your muscles screaming! This hour class includes squats, lunges, plyometrics, jumping jacks, weights and abdominal training. Simple, yet challenging moves that will maximize your calorie burning, by raising and lowering your heart rate. Please bring mats and weights to class.

MTR Fee: \$62.00 **NR Fee:** \$67.00 (\$10 late fee*)

One Day/Week Fee: \$31.00 **NR Fee:** \$36.00

MTRC Members receive \$5.00 discount

Session I	Days	Dates	Time
321314-A	Mo/We	Sep 12-Oct 26	9:30-10:30am
321314-B	One Day		
Session II	Days	Dates	Time
321314-C	Mo/We	Nov 2-Dec 21	9:30-10:30am
321314-D	One Day	No Class 11/30	

Swim Suit Fitness Challenge

Macomb Township Recreation Center

Don't wait until the last minute! If you're wanting to shed pounds for the holidays or simply planning a vacation this year, start early, and show off that great body when you hit the beach. Get ready to have fun, burn fat, build muscle and sculpt your entire body! Taught by a personal trainer. This basic and effective workout is progressive each week to get you in your best shape ever. We will have you sweating and shedding those unwanted pounds in no time! It's time to boost your metabolism, lose body fat and sculpt your body from head to toe. Please bring mat and weights to class!

MTR Fee: \$31.00 **NR Fee:** \$36.00 (*Late Fee: \$10)

MTRC Members receive \$5.00 discount

Session I	Day	Dates	Time
321317-C	Th	Sep 15-Oct 27	8:15-9:15pm
Session II	Day	Dates	Time
321317-D	Th	Nov 3-Dec 22	8:15-9:15pm

No Class on Thanksgiving, Nov. 24th

Circuit Blast! (am & pm)

Macomb Township Recreation Center

Jump from station to station for an intense calorie burning and strength training workout all in one! With different types of fitness equipment including BOSU balls, Jump Rope, Medicine Balls, and more...we guarantee you will leave sweating, and shedding those unwanted pounds. You will get maximum results with this class. All fitness levels welcome! Please bring mats to class.

MTR Fee: \$31.00 **NR Fee:** \$36.00 (*Late Fee: \$10)

MTRC Members receive \$5.00 discount

Session I	Days	Dates	Time
321328-A	Tu	Sep 13-Oct 25	9:30-10:30am
321328-B	Tu	Sep 13-Oct 25	7:30-8:30pm
Session II	Days	Dates	Time
321328-C	Tu	Nov 1-Dec 13	9:30-10:30am
321328-D	Tu	Nov 1-Dec 13	7:30-8:30pm

Turbo Jam (Cardio Kickboxing)

Macomb Township Recreation Center

(All Levels) Get ready for this ultimate cardio, kickboxing and body-sculpting workout! Kick, jab and sweat your way through this class that offers boxing moves with drills to keep the sweat flying, the heart pumping and the energy growing! Blast body fat from head to toe while strengthening your core. Please bring mat and weights.



MTR Fee: \$31.00 **NR Fee:** \$36.00

MTRC Members receive \$5.00 discount

Session I	Days	Dates	Time
321301-A	Th	Sept. 15-Oct.27	9:45-10:45am
321301-B	Th	Sept. 15-Oct.27	7:00-8:00pm
Session II	Days	Dates	Time
321301-C	Th	Nov. 3-Dec. 22	9:45-10:45am
321301-D	Th	Nov. 3-Dec. 22	7:00-8:00pm

No Class on Thanksgiving Nov. 24th

Complete Body Toning

Macomb Township Recreation Center

This non-impact, toning and shaping class utilizes light weights. It's motivating and sure to tone every square inch of your body. Using weights is important for women to build bone density, but the truth is that working with weights increases your metabolism while creating more lean muscle. Great for all fitness levels. Please bring mats and weights to class.

MTR Fee: \$31.00 **NR Fee:** \$36.00

MTRC Members receive \$5.00 discount

Session I	Days	Dates	Time
321302-A	Th	Sep 15-Oct 27	10:15-11:15am
Session II	Days	Dates	Time
321302-B	Th	Nov 3-Dec 22	10:15-11:15am

No Class on Thanksgiving Nov. 24th



ADULT FITNESS

Super Saturday Cardio Fusion

Macomb Township Recreation Center

Get ready for this ultimate cardio & body-sculpting workout! It's time to tone your entire body, with this fat blasting cardio and weight training workout! Our Core conditioning segment will tighten and strengthen your core. Designed to burn fat, maximize your strength, and sculpt your muscles. We will tighten and tone every inch of your body. Please bring mat and weights.

One-day per week class:

MTR Fee: \$31.00 **NR Fee:** \$36.00 (\$10 late fee*)

MTRC Members receive \$5.00 discount

Session I	Days	Dates	Time
321305-A	Sa	Sep 17-Oct 29	9:00-10:00am
Session II	Days	Dates	Time
321305-B	Sa	Nov 5-Dec 17	9:00-10:00am

Cardio Mix

Macomb Township Recreation Center

A solid exciting workout which involves a mixture from week to week of Hi/Low Impact Aerobics, Interval Training, Kickboxing, and/or Core Body Sculpting moves. Finish each workout with floor exercises for toning your abdominals. Please bring mats and weights to class.

MTR Fee: \$62.00 **NR Fee:** \$67.00 (\$10 late fee*)

One Day/Week Fee: \$31.00 **NR Fee:** \$36.00

MTRC Members receive \$5.00 discount

Session I	Days	Dates	Time
321313-A	Mo/We	Sep 12-Oct 26	6:30-7:30pm
321313-B	One Day		
Session II	Days	Dates	Time
321313-C	Mo/We	Nov 2-Dec 21	6:30-7:30pm
321313-D	One Day		

No Class on Wed. Nov. 30 Holiday Tree Lighting

5K Training (Running Club)

Macomb Corners Park (class meets @ volleyball courts)

A 7-week running program for non-runners and walkers (no running experience needed.) A great way to slim the hips, tone the thighs, gain energy and lose weight!! 5K Training is designed to take a beginner runner/walker and train you safely to actually participate and finish a 5K (3.1 miles) You will be given a run/walk assignment to follow during the week and we will run as a group every Saturday. We will run with a motivated and experienced professional that will gradually increase your endurance and your fitness level. Enjoy the DIA's indoor/outdoor art exhibit as you jog thru the path. This program will get you fit!! Ages 11 and up (under 15 yrs. old must be accompanied by an adult).

One-day per week class:

MTR Fee: \$25.00 **NR Fee:** \$30.00 (\$10 late fee*)

MTRC Members receive \$5.00 discount

Session	Day	Dates	Time
321317-G	Sa	Sep 17-Oct 22	9:30-10:30am
321317-H*	Sa	Nov 5-Dec 17	9:30-10:30am

*This session meets indoors at Mcb. Twp. Recreation Center.

Boot Camp! AM/PM & Saturdays!!

Macomb Township Recreation Center

Get in the best shape of your life with this high energy challenging total body workout! This class will bring you maximum results! Give it your all, and you will burn between 400-800 calories per workout. The workouts will incorporate strength/core training, cardio, plyometrics, body weight exercises, and speed and agility. We'll use medicine balls, agility ladders, bosus; bands; bar bells and more. You'll get leaner and stronger as you shed the fat and build muscle. This class is challenging, it will help you lose body fat and build muscle. Geared for people who want real results real fast!! Every class is different but guaranteed to hit every muscle you have from head to toe!

MTR Fee: \$105.00 **NR Fee:** \$110.00

Sat Only: MTR Fee: \$55.00 **NR Fee:** \$60.00

MTRC Members receive \$5 discount

Session I	Days	Dates	Time
321317-I	Mo/We	Sep 12-Oct 26	9:30-10:30am
321317-J	Mo/We	Sep 12-Oct 26	6:30-7:30pm
321317-K	Sa	Sep 17-Oct 29	10:00-11:00am
Session II	Days	Dates	Time
321317-L	Mo/We	Nov 2-Dec 21	9:30-10:30am
321317-M	Mo/We	Nov 2-Dec 21	6:30-7:30pm
321317-N	Sa	Nov 5-Dec 17	10:00-11:00am

No Class Wed. Nov. 30 Holiday Tree Lighting

Beginners Boot Camp!

Macomb Township Recreation Center

Get in the best shape of your life with this encouraging but challenging workout. This class will shed fat, increase your metabolism, improve balance, and tone muscles. Leave the class sweating but feeling great. Every class is different but guaranteed to hit every muscle you have from head to toe! We'll use medicine balls, agility ladders, bosus; bands; bar bells and more. Modifications will be made for all fitness levels.

MTR Fee: \$105.00 **NR Fee:** \$110.00

MTRC Members receive \$5 discount

Session I	Days	Dates	Time
321317-O	Mo/We	Sep 12-Oct 26	7:30-8:30pm
Session II	Days	Dates	Time
321317-P	Mo/We	Nov 2-Dec 21	7:30-8:30pm

No Class Wed. Nov. 30 Holiday Tree Lighting

MTPR CANCELLATIONS HOTLINE
(586) 992-2909

Nutrition & Fitness Workshop II

NEW

Learn To Lose Weight And Keep It Off – For Life

Macomb Township Recreation Center

Ever hit a fat loss plateau? Ever worked so hard to see next to no results? Get the facts before you waste any more of your time and effort. We understand that losing weight can be a challenge. Let us help you lose body fat, burn calories build muscle and keep it off forever! We will show you how to turn your metabolism into a fat burning machine. You will learn exercise techniques. What to eat before & after your workouts. We'll help you achieve weight-loss goals by teaching you some great fitness tips. In this workshop you will learn how to make small, but significant changes in your eating habits to lose weight and keep it off. You will leave feeling motivated and ready to exercise your way into a healthy lifestyle. Taught by personal trainer: Maria Marino.

MTR Fee: \$12.00 **NR Fee:** \$17.00 (\$10 late fee*)

MTRC Members receive \$5.00 discount

Session	Day	Date	Time
321309-A	Tu	Oct 4	7:00-8:30pm

CREATING COMMUNITY THROUGH PEOPLE, PARKS AND PROGRAMS

Relaxation, Meditation & More!

Macomb Township Recreation Center

By learning to live in the present moment, you will enjoy life to the fullest. People who routinely make an effort to relax and gain clarity tend to be more productive throughout the busy day. In this unique meditation class you will learn the steps involved with quieting the mind, reducing stress, recognizing opportunities and tapping your intuition. Practicing conscious breathing on a regular basis will greatly improve your quality of health. Meditation is the key to all possibilities. Stay Calm.



One-day per week class: (4 weeks)

MTR Fee: \$36.00 **NR Fee:** \$41.00

MTRC Members receive \$5.00 discount

Instructor: Susi Walter

Class size: Minimum 5, Maximum 15

Session I	Days	Dates	Time
341512-A	Th	Oct 6, 13, 20 & 27	6:30-8:30pm
Session II	Days	Dates	Time
341512-B	Tu	Nov 1, 8, 15 & 22	6:30-8:30pm

Strike, Punch & Crunch

(Heavy Bag Fitness)

Macomb Township Recreation Center

NEW

This class is a boxing workout that combines proper boxing techniques with an interval based cardiovascular workout. Learn the basics while burning calories! Sign up at FRONT DESK, space is limited! No previous experience necessary. Gloves recommended for striking the heavy bag.

One-day per week class:

MTR Fee: \$57.00 **NR Fee:** \$62.00 (\$10 late fee*)

MTRC Members receive \$5.00 discount

Session I	Days	Dates	Time
321317-E	Sa	Sep 17-Oct 22	10:30-11:30am
Session II	Days	Dates	Time
321317-F	Sa	Nov 5-Dec 17	10:30-11:30am

Women's Self Defense

Macomb Township Recreation Center

This class will teach you simple movements with the focus on the ability to defend yourself if you are in danger. You don't need prior experience. The techniques you learn can be used to educate your whole family. This class will also provide you with information on recognizing and avoiding dangerous situations.



Your instructor, Joy, has over seven years of martial arts experience. Please wear gym shoes and comfortable clothes.

One-day per week class

MTR Fee: \$40.00 **NR Fee:** \$45.00

MTRC Members receive \$5.00 discount

Class size: Minimum 8, Maximum 20

Session I	Day	Dates	Time
311103-Y	We	Oct 12 & 19	5:30-7:00pm
Session II	Day	Dates	Time
311103-Z	We	Nov 9 & 16	5:30-7:00pm

American Red Cross Blood Drive

BE A HERO!

Macomb Township Recreation Center

Monday, September 19

8:00am to 2:00pm

Did you know, according to the American Red Cross, one donation can save up to 3 lives!

Call 1-800-448-3543 (1-800-Give-Life) to make an appointment. Walk-ins welcome.



ADULT DANCE CLASSES

NEW

Macomb Township Recreation Center

Wedding Dances

Learn to dance for the most important day of your life! We'll teach you how to waltz, turn, and dip. You'll look like pros on your wedding day. Also, great for father and daughter dances!

Men should wear dress shoes and women should wear heels or shoes comparable to those that they are wearing for the wedding dance.

Minimum- 4 couples, Maximum- 12 couples

One-day class:

MTR Fee: \$45.00 **NR Fee:** \$50.00 Per Couple

MTRC Members receive \$5.00 discount

Session I	Day	Date	Time
311204-A	Fr	Sep 23	7:00-8:30pm
Session II	Day	Date	Time
311204-B	Fr	Nov 4	7:00-8:30pm

Ballroom Sampler

A four week session that includes six hours of exciting ballroom dancing! Each class will introduce a new style of dance each week. Sample styles include Waltz, Foxtrot, Tango, Salsa and more!

Men should wear dress shoes and women should wear heels.

Minimum- 4 couples, Maximum- 20 couples

One-day a week class:

MTR Fee: \$60.00 **NR Fee:** \$65.00 per couple

MTRC Members receive \$5.00 discount

Session I	Day	Date	Time
311204-C	Fr	Sep 30-Oct 28*	7:00-8:30pm
Session II	Day	Date	Time
311204-D	Fr	Nov 11-Dec 9**	7:00-8:30pm

* No Class October 21 **No Class November 25th

Adult Ballet

Adult Ballet combines Barre work, center and across the floor to achieve proper body placement and improve flexibility and strength. All levels are welcome.

Dress Code - Leather Ballet shoes. Form fitting attire such as leotards, tights, tank tops, Ballet skirts and shorts are preferred.

One-day a week class for 6 weeks

Minimum- 5 Students, Maximum- 20 Students

MTR Fee: \$42.00 **NR Fee:** \$47.00

MTRC Members receive \$5.00 discount

Session I	Day	Date	Time
311204-E	Fr	Sep 23-Nov 4	6:15-7:00pm

No Class October 21

Adult Hip-Hop

Adult Hip-Hop combines the latest moves with Hip-Hop music, a fast paced warm-up, and fresh dance combinations. All levels are welcome.

Clean tennis shoes and work-out style attire are required.

One-day a week class for 6 weeks

Minimum- 5 Students, Maximum- 20 Students

MTR Fee: \$42.00 **NR Fee:** \$47.00

MTRC Members receive \$5.00 discount

Session	Day	Date	Time
311204-F	Mo	Sep 19-Oct 24	8:00-8:45pm
Session	Day	Date	Time
311204-G	Mo	Nov 7-Dec 12	8:00-8:45pm

Adult Tap

Adult Tap is great for all ages and abilities. Learn basic steps, combinations, and rhythms. Instructor is happy to work with all levels.

Any style tie tap shoes. No high heels.

Minimum- 5 Students, Maximum- 20 Students

One-day a week class for 6 weeks

MTR Fee: \$42.00 **NR Fee:** \$47.00

MTRC Members receive \$5.00 discount

Session I	Day	Date	Time
311204-H	Mo	Sep 19-Oct 24	7:15-8:00pm
Session II	Day	Date	Time
311204-I	Mo	Nov 7-Dec 12	7:15-8:00pm



TRIAL MEMBERSHIPS DO NOT QUALIFY FOR MEMBERSHIP DISCOUNT

TGA Golf For Women

Macomb Township Recreation Center

TGA is bringing the golf course to the gym! It's a perfect way for women to start the game. All equipment is provided, so you can see if you enjoy the game before deciding whether to purchase clubs. Certified TGA instructors will teach swing fundamentals, putting, chipping, rules and etiquette. This class is being held at the same time as our TGA class for children (Grades K-6), so you can drop off your child, grandchild, nephew or niece at the junior class, then compare notes afterwards. Of course the class is also open to women attending on their own.

One-day per week class for six weeks:

MTR Fee: \$119.00 NR Fee: \$124.00

MTRC Members receive \$5.00 discount

Instructors: TGA staff (7-1 student/coach ratio)

Class size: Minimum 5, Maximum 20

Ages: Women 18 and over

Session I	Day	Dates	Time
341105-A	Sa	Sep 24-Oct 29	10:00-11:00am

Coordinating 'Kid's Class' – See Right Column

TGA Golf For Kids

Macomb Township Recreation Center

TGA is bringing the golf course to the gym! It's a perfect way for your child to start the game, or for more experienced players to improve. All equipment is provided. TGA curricula were specially designed for elementary school students by industry-leading golf professionals and education specialists to ensure that lesson plans are age-appropriate and easy to understand and retain. Certified instructors teach swing fundamentals, rules, etiquette and life values as students advance through the program.

One-day per week class for six weeks:

MTR Fee: \$119.00 NR Fee: \$124.00

MTRC Members receive \$5.00 discount

Instructors: TGA staff (7-1 student/coach ratio)

Class size: Minimum 5, Maximum 20

Ages: Grades K-6

Session I	Day	Dates	Time
341105-B	Sa	Sep 24-Oct 29	10:00-11:00am

Coordinating 'Mom's Class' – See Left Column



Fall Tennis

Serving up our best programs ever!!!

Director of Tennis Program – Bill McGarry

There is something for everyone in our vast offerings this season. Whether you are looking to learn for the first time, meet and mingle with others who do, or excel in the game you love, we have what you are looking for. Bill McGarry is back serving Macomb Township for the 14th year. He is a certified tennis professional through the USPTA and has over 25 years of teaching experience. He teaches during the indoor season at both Peachtree Tennis Club and Birmingham Racquet Club. Bill is a former men's singles and doubles Midwest champion, has 4 years of tour experience, and played collegiately at the University of Michigan. He is the current Boys Varsity Tennis Coach at Dakota High School.



Pee Wee (4 – 7yrs)

Session	Days	Dates	Times	Location	Fees
311107-A	Tu/Th	9/6-10/13* (10 classes) <i>*No class 9/27, 10/6</i>	4:30-5:30pm	Mae Stecker Park	MTR: \$140/NR: \$145
311107-B	We/Fr	9/7-10/14 (12 classes)	4:30-5:30pm	Borden Park	MTR: \$168/NR: \$173
311107-C	Sa	9/10-10/8 (5 classes)	10-11am	Mae Stecker Park	MTR: \$75/NR: \$80
311107-D	Su	9/11-10/9 (5 classes)	1:30-2:30pm	Mae Stecker Park	MTR: \$75/NR: \$80

Youth Beginner/Adv. Beginner Ages 8-14yrs

311108-A	Tu/Th	9/6 -10/13 (10 classes) <i>*No class 9/27, 10/6</i>	5:30-7pm	Mae Stecker Park	MTR: \$210/NR: \$215
311108-B	W, F	9/7-10/14 (12 classes)	5:30-7pm	Borden Park	MTR: \$252/NR: \$257
311108-C	Sa	9/10-10/8 (5 classes)	11am-12:30pm	Mae Stecker Park	MTR: \$112/NR: \$117
311108-D	Su	9/11-10/9 (5 classes)	2:30-4pm	Mae Stecker Park	MTR: \$112/NR: \$117

Youth Academy - Intermediate and up Ages 9yrs & up

311108-E	Sa	9/10-10/8 (5 classes)	2-5pm	Adams H.S.	MTR: \$200/NR: \$205
311108-F	Su	9/11-10/9 (5 classes)	4-7pm	Mae Stecker Park	MTR: \$200/NR: \$205

Adult Intermediate Cardio and Adult Beginner Lessons Ages 15yrs & up

321109-A	Sa	9/10-10/8 (5 classes)	9-10am	Mae Stecker Park	MTR: \$75/NR: \$80
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YOUTH ACTIVITIES



Award Winning Children's Music Program Macomb Township Recreation Center



KINDERMUSIK VILLAGE

Children ages newborn-18 months with parent or caregiver.

Delivers a variety of music, building strong neural networks in a baby's forming mind, through an array of styles, sounds, and genres. Age-appropriate experiences with child-safe instruments enhance a sense of rhythm and steady beat, develops a keen awareness of the distinguishing qualities of sound, and encourages spontaneity and creativity. A classroom full of baby and adult pairs dancing together helps a little body develop the muscle strength needed to crawl and walk and helps a little heart to fall in love with the sheer joy of responding to music. Village is for lap babies, crawlers, and walkers. It incorporates the most current research on early childhood development and provides families a special place for learning and connecting with other parents and babies through music and movement.

One-day per week class

Material Fee: \$40.00 (payable to instructor, 1st day of class)

MTR Fee: \$88.00 **NR Fee:** \$93.00

MTRC Members receive \$5.00 discount

Instructor: Tammy Stone

Class Size Minimum 5, Maximum 13

Session	Day	Dates	Time
311516-A	Sa	Sep 24-Nov 12	11:30am-12:15pm

KINDERMUSIK ABC

Music & Me I and II

ABC Music & Me I

Children ages 2-4 with a parent or caregiver.

Kindermusik ABC Music & Me is an award-winning music program designed for 2 to 6 year olds.

This class focuses on your child's emotional development as their confidence, curiosity, self-control, and communication begin to take shape. Language skills are fostered with singing, sound imitation, rhyming and object identification. Imaginative body movement to different musical "moods" develops their sense of balance, timing and spatial awareness while affirming their urge to move. The anticipation and rewards of listening are introduced, and with turn-taking activities, social skills begin to blossom, all while providing the safety of training wheels for the bicycle of pre-school!

One-day per week class:

Material Fee: \$40.00 (payable to instructor, 1st day of class)

MTR Fee: \$88.00 **NR Fee:** \$93.00

MTRC Members receive \$5.00 discount

Instructor: Tammy Stone

Class Size Minimum 5, Maximum 13

Session	Day	Dates	Time
311516-B	Sa	Sep 24-Nov 12	10:30am-11:15am

ABC Music & Me II

Children ages 4-6 with a parent or caregiver.

A fun-filled interactive learning experience that introduces children to songs, and styles from a variety of genres, such as classical, jazz, rock and folk. Children will build a foundation for music education through an introduction to music vocabulary, pre-music reading, and additional music concepts such as largo and presto or legato and staccato. This class provides fun, guided, ensemble-style opportunities for vocal exploration, creative movement and instrument play and is the perfect primer for early keyboard skills. In addition, Kindermusik supports research which has proven that skills learned through music carry over into study skills, communication skills and cognitive skills useful to all parts of life.

One-day per week class

Material Fee: \$40.00 (payable to instructor, 1st day of class)

MTR Fee: \$88.00 **NR Fee:** \$93.00

MTRC Members receive \$5.00 discount

Instructor: Tammy Stone

Class Size Minimum 5, Maximum 13

Session	Day	Dates	Time
311516-C	Sa	Sep 24-Nov 12	1:00-1:45pm

Kids In The Kitchen

Ages: 5-13 years old

Macomb Township Recreation Center

Come join Ms. Sue in this complete cooking course for your Young Budding Chefs. This course will teach you confidence and safety in the kitchen. We will be preparing Breakfast, Lunch, Dinner and a yummy desert. Your chef's will be creating some Holiday recipes they can share with their families just in time for Halloween. Creative chef's sometimes can get a little messy in the kitchen so make sure you wear

play clothes. Every child will take home their creations along with all the recipes. This class will meet 4 sessions.

\$10.00 Materials Fee due at 1st class.

MTR Fee: \$30.00 **NR Fee:** \$35.00

MTRC Members receive \$5.00 discount

Instructor: Ms. Susan Barg

Class size: Minimum 5, Maximum 12

Session	Grade	Days	Dates	Time
324600-C	Kdg-3rd	Tu	10/4, 11, 18, 25	6-7:30pm
324600-D	4th-7th	We	10/5, 12, 19, 26	6-7:30pm



“WAY COOL” Keyboarding

Evola Music Center
12745 23 Mile Rd. (between Schoenherr & M-53 Expressway)
Shelby Twp., MI 48315

Ages 11-19 Years

“Way Cool” Keyboarding is an innovative program designed specifically for teens and pre-teens. All pieces include accompaniments that “rock”! Learn to play contemporary, rock’n’roll and pop style music using our “Piano Lab System”.

Eight Week Class - One-day per week class

Material Fee: \$47.00 (one-time fee to the instructor)

MTR Fee: \$60 **NR Fee:** \$65.00

Instructor: Jorja Ropp

Class size: Maximum 17

Session I	Days	Dates	Time
341710-C	We	Sep 21-Nov 9	7:15-8:00pm
341710-D	Sa	Sep 17-Nov 5	12:15-1:00pm

Music For Little Mozarts

Evola Music Center
12745 23 Mile Rd. (between Schoenherr & M-53 Expressway)
Shelby Twp., MI 48315

Ages 4½-6

Music for Little Mozarts was written to provide appropriate piano instruction for 4½ to six year olds. The materials in the course combine to create an exciting and imaginative atmosphere both in the lesson and at home.

Eight Week Class - One-day per week class

Material Fee: \$19.00 (one-time fee to the instructor)

MTR Fee: \$96 **NR Fee:** \$101.00

Instructor: Jorja Ropp

Class size: Maximum 17

Session I	Days	Dates	Time
341710-A	Tu	Sep 20-Nov 8	6:15-7:00pm
341710-B	Sa	Sep 17-Nov 5	11:15a-12:00p

COMPUTER EXPLORERS

Macomb Township Recreation Center

Class Recommendations

Minimum 6 – Maximum 12



Lights, Camera, Action: Star Wars!

Age 9 - 12

Want to be the next George Lucas? Join us as we become the writers, directors, actors, animators, special effects creators and editors of our own movie productions. From storyboarding to filming, student teams will make all of the creative and technical decisions. They will even get to take their movies home on CD for all to see.

5 sessions @ 2 hours (10 contract hours)

MTR Fee: \$95.00 **NR Fee:** \$100.00

MTRC Members receive \$5.00 discount

Session	Day	Dates	Time
324600-A	Th	Sep 29-Oct 27	6:00-8:00pm

LEGO® 3D Architectural Design

Age 6-9

NOTE: No computers are used in this class.

No amount of “huffing and puffing” will blow our buildings down! Understanding and visualizing dimension is the cornerstone of engineering, architecture, and building. Students learn principles of construction and use math skills as they experiment with scale and size, symmetry and reflections, staggering vs. stacking. In a hands-on class using LEGO® materials, we’ll build houses with removable roofs, castles with turrets, and towers of strength!

5 sessions @ 1.5 hours (7.5 contract hours)

MTR Fee: \$75.00 **NR Fee:** \$80.00

MTRC Members receive \$5.00 discount

Session	Day	Dates	Time
324600-B	Th	Oct 19-Nov 16	6:00-8:00pm

Home School Gym

Macomb Township Recreation Center



Ages 7 – 11

This class is a great way for children to engage in the physical activity that may be missing in homeschooled environments. Through our professionally designed curriculum, your child will develop an early love of physical fitness that will help him/her build confidence, large motor skills, balance and agility in a fun & games, non-competitive atmosphere.

The curriculum will focus on cardiovascular health, engaging multiple muscle groups, nutritional education, and more!

The last class of each 6 week session will include a one hour ‘social/ swim time’ from 4-5pm.

The instructor, Jeff Hodgson, holds a Bachelor’s Degree from Western Michigan University in Physical Education. Jeff has over 15 years of experience training groups from toddler’s to professional sports players. He is currently the Madonna University Women’s Soccer head coach.

MTR Fee: \$49.00 **NR Fee:** \$54.00

MTRC Members receive \$5.00 discount

Class size: Minimum 12, Maximum 25

Session I	Day	Dates	Time
344700-D	Fr	Sep 16-Oct 28 (no class Oct 21)	3:00-4:00pm
344700-E	Fr	Nov 4-Dec 16 (no class 11/25)	3:00-4:00pm

FRIENDLY REMINDER...

Nothing ruins a good program quicker than everyone waiting until the last minute to register!
Please register early to ensure that the program will run.





YOUTH ACTIVITIES

Yoga For Teens

Macomb Township Recreation Center

Yoga is great for Teens! The flexibility benefits of yoga are important for growing teens as they experience growth spurts. Teens' bones tend to grow fast, leaving the muscles a little tighter. Yoga will help to increase flexibility, build strength, calm the mind, build self-confidence and concentration, teach you body awareness, which is very helpful if you're involved in dance or sports. You will learn breath work to use when stressed so you can react more calmly when things are bothering you. Please bring a yoga mat and we will work in bare feet. Ages 13-18 are welcome.

MTR Fee: \$55.00 **NR Fee:** \$60.00
MTRC Members receive \$5.00 discount

Instructor: Jasmin L. Cromwell

Session	Days	Dates	Time
321303-G	Tu	Sep 13-Oct 18	4:00-5:00pm
321303-H	Tu	Nov 1-Dec 6	4:00-5:00pm

Teen Fitness

(Ages 13-17)

Macomb Township Recreation Center

A Fitness class just for Teens!! If you're a teen who is looking to get in shape, this class is the perfect way! Become fit, healthy and energized! This program will help you shed fat, sculpt muscles, as well as increase your self-confidence. This class is designed to teach and incorporate correct fitness training for a better self esteem and a healthier future. Teens will get a full body workout in this one hour class! This is a circuit style workout including agility drills and games using dumbbells, medicine balls, agility ladders, bosus resistant bands and more. No two workouts are the same. Grab a friend or meet friends, it's time to shape up and have fun!

Minimum 8

MTR Fee: \$55.00 **NR Fee:** \$60.00
MTRC Members receive \$5 discount

Session I	Days	Dates	Time
321308-F	Sa	Sep 17-Oct 22	11:00a-12:00p
Session II	Days	Dates	Time
321308-G	Sa	Nov 5-Dec 10	11:00a-12:00p

MACOMB TOWNSHIP PARKS & RECREATION RESERVES THE RIGHT TO USE ALL PHOTOGRAPHS TAKEN AT COMMUNITY EVENTS FOR PUBLICATIONS AND/OR PROMOTIONAL PURPOSES.

Fit Kids

Macomb Township Recreation Center



In this class your kids will get the exercise that they need to grow healthy, strong and fit, all while having a blast in this non-competitive, social atmosphere. If you are between the ages of 8-12 yrs. old, male or female, athletic or non athletic, unfit or fit, come on over and join in the fun!! You'll work in small groups with other kids your age and you will be trained by one of our highly educated, experienced, enthusiastic, motivating, fun and loving personal trainers. It's challenging fun, non-intimidating, non-competitive. Make Fitness Fun!!! One-day per week class:

MTR Fee: \$39.00 **NR Fee:** \$44.00 (\$10 late fee*)
MTRC Members receive \$5.00 discount

Session I	Days	Dates	Time
321308-A	Sa	Sep 17-Oct 22	10:15-11:00am
Session II	Days	Dates	Time
321308-B	Sa	Nov 5-Dec 10	10:15-11:00am

Fit Kids Christmas Break Camp!

Macomb Township Recreation Center



In this kid fitness camp, your kids get the exercise that they need to grow healthy, strong and fit, all while having a blast in this non-competitive, social atmosphere. If you are between the ages of 8-12 yrs. old, male or female, athletic or non athletic, unfit or fit, come on over and join in the fun!! You'll work in small groups with other kids your age and you will be trained by one of our highly educated, experienced, enthusiastic, motivating, fun and loving personal trainer. It's challenging fun, non-intimidating, non-competitive. Make Fitness Fun!!!

Three day per week class:
MTR Fee: \$29.00 **NR Fee:** \$34.00 (\$10 late fee*)
MTRC Members receive \$5.00 discount

Session I	Days	Dates	Time
321308-E	We/Th/Fr	Dec 28,29,30	10:30-11:30am

Baby Sign Language

Macomb Township Recreation Center



Imagine communicating with your baby before he or she can even speak! Preverbal infants can communicate through the use of sign language long before they can verbalize their needs. My Smart Hands of Metro Detroit is offering classes based on 100% ASL signs. We will give you the tools you will need to communicate with your preverbal, hearing baby. So come take a class and learn how to sign with your baby!

Ten-week class:
MTR Fee: \$120.00 **NR Fee:** \$125.00
MTRC Members receive \$5.00 discount
\$30 Materials Fee

Instructor: Marie Konwinski

Class size: Minimum 4, Maximum 8

Session	Days	Dates	Time
324600-E	We	Sep 14-Nov 16	10:30-11:15am
324600-F	Th	Sep 15-Nov 17	6:30-7:15pm

DANCE CLASSES

(Ages 18 months – 12 years)

Macomb Township Recreation Center

September 20- December 17 (12 Weeks)

No Classes November 21- 26 (Thanksgiving Week)

Class Size: Minimum 4, Maximum 10

One-day per week class:

MTR Fee: \$95.00 **NR Fee:** \$100.00

MTRC Members receive \$5.00 discount

Dance shoes may be purchased at Payless stores or Lucy & Ethels at Canal and Hayes.

Ballet

Ballet is the core of all dance and teaches proper technique and body placement. Students are introduced to classic ballet with a mix of contemporary to achieve a very fulfilling ballet experience.

Dress Code - Leotard and tights. Pink leather Ballet shoes. Please no satin slippers!!

Session I	Days	Dates	Time	Age
311202-A	Tu	Sep 20-Dec 13	5:30-6:00pm	4-5
311202-B	Tu	Sep 20-Dec 13	6:00-6:30pm	6-8
311202-C	Th	Sep 22-Dec 15	7:00-7:30pm	9-12
311202-D	Sa	Sep 24-Dec 17	10:30-11:00am	4-5



Creative Movement

Students are introduced to a class environment with introductory steps from Ballet, Tap and Jazz. They also use music and props to work on motor skills and rhythm. Child does not need to be potty trained but should be able to handle a class setting without a parent. Recommended for 2½ to 4 year olds.

Dress Code - Leotard and tights. White leather Ballet shoes. Please no satin slippers!!

Session I	Days	Dates	Time	Age
311210-A	Tu	Sep 20-Dec 13	5:00-5:30pm	2-3
311210-B	W	Sep 21-Dec 14	10:30-11:00am	2-3
311210-C	W	Sep 21-Dec 14	11:00-11:30am	3-4
311210-D	Th	Sep 22-Dec 15	5:00-5:30pm	3-4
311210-E	Th	Sep 22-Dec 15	6:00-6:30pm	2-3
311210-F	Sa	Sep 24-Dec 17	11:00-11:30am	2-3
311210-G	Sa	Sep 24-Dec 17	11:30a-12:00p	3-4

Hip-Hop

Hip-Hop is a form of "street dance" that encompasses all parts of the body. This class combines the latest dance and funk moves as well as age appropriate "MTV" style dancing, with current music for a fun dance class experience! For ages 4-5 it also incorporates fundamental motor skills and some creative movement.

Dress Code - Jazz pants, tank tops, capris and shorts are acceptable. Black tie Jazz shoes.

Session I	Days	Dates	Time	Age
311209-A	Tu	Sep 20-Dec 13	6:30-7:00pm	4-5
311209-B	Tu	Sep 20-Dec 13	7:00-7:30pm	6-8
311209-C	Th	Sep 22-Dec 15	6:30-7:00pm	9-12
311209-D	Sa	Sep 24-Dec 17	10:00-10:30am	5-7



Jazz/Poms

This class introduces beginning steps of Jazz with sharp cheerleading arm movements to combine dancing with poms.

Dress Code - Leotards, tights, Jazz pants, tank tops, t-shirts, capris and shorts are acceptable. Black tie Jazz shoes.

Session I	Days	Dates	Time	Age
311208-A	Th	Sep 22-Dec 15	5:30-6:00pm	5-7

Mommy & Me

Mommy and Me is the perfect class for the smallest dancer where mother and child can bond and dance together. It introduces the child to a class setting with stretching, beginning motor skills, song, dance and props. This class will not participate in the June recital.

Dress Code - Anything comfortable and easy to move around in. Tennis shoes.

Session I	Days	Dates	Time	Age
311211-A	We	Sep 21-Dec 14	10:00-10:30am	18 mths-2 yrs.

Cheerleading

This class introduces cheers, chants, jumps, beginning stunts and arm movements.

Dress Code - Jazz pants, tank tops, t-shirts, capris and shorts are acceptable. Gym/Tennis shoes.

Session I	Days	Dates	Time	Age
311104-A	Sa	Sep 24-Dec 17	12:00-12:30pm	6-9



YOUTH ACTIVITIES

KickStart!

Toddler Soccer

Macomb Township Recreation Center

KickStart! is a toddler soccer program that is designed to get your child moving and active through various fun games and physical activities. Basic fundamentals will be introduced as we develop large motor skills, balance, agility, and social skills along the way. This class is the perfect primer to ANY organized sport. Bring your child to participate in this fun, non-competitive atmosphere where standing still is NOT an option!

KickStart! Director Jeff Hodgson has years of experience training athletes from toddler to pro. As the founder and president of the Michigan Gators FC and FC Nova soccer clubs, Jeff is dedicated to developing premier athletes of all ages. Hodgson is a former professional player for the Detroit Rockers, and is the current women's head soccer coach at Madonna University. Jeff holds a degree in Physical Education from Western Michigan University.

One-day per week class:

MTR Fee: \$69.00 **NR Fee:** \$74.00

MTRC Members receive \$5.00 discount

Class size: Minimum 5, Maximum 10

Rookies (24 months to 3 years old)

Simple motor skills are stressed using a variety of games and props in a non-competitive atmosphere. Toddlers are given time to develop at their own pace in each activity. Parental involvement is encouraged.

Session I	Day	Dates	Time
311113-A	Tu	Sep 20-Oct 25	11:00-11:45am
311113-B	We	Sep 21-Oct 26	11:00-11:45am
Session II	Day	Dates	Time
311113-C	Tu	Nov 15-Dec 20	11:00-11:45am
311113-D	We	Nov 16-Dec 21	11:00-11:45am

Pros (3-4 years old)

Balance, movement, & coordination take a front seat here as well as following simple directions. The fundamentals of basic ball control are introduced here. Parental involvement is encouraged.

Session I	Day	Dates	Time
311113-E	Tu	Sep 20-Oct 25	12:00-12:45pm
311113-F	We	Sep 21-Oct 26	12:00-12:45pm
Session II	Day	Dates	Time
311113-G	Tu	Nov 15-Dec 20	12:00-12:45pm
311113-H	We	Nov 16-Dec 21	12:00-12:45pm

All Stars (4-5 years old)

Advanced skill development games are the focus: Dribbling, changing directions, etc. Children will learn to work as a group as we introduce small sided games (2v2, 3v3).

Session I	Day	Dates	Time
311113-I	Tu	Sep 20-Oct 25	1:00-1:45pm
311113-J	We	Sep 21-Oct 26	1:00-1:45pm
Session II	Day	Dates	Time
311113-K	Tu	Nov 15-Dec 20	1:00-1:45pm
311113-L	We	Nov 16-Dec 21	1:00-1:45pm



Tumble With Me!

Macomb Township Recreation Center

Come tumble with Ms. Joy! Tumble with Me! is a fun-filled program using gymnastics-based skills designed to build self-confidence, balance and flexibility through practice of tumbling skills, rhythm games and lots of fun group activities! Ms. Joy has a wonderful collection of mats to tumble on along with a spring board, trampolines and bar to learn the basics of gymnastics.

Ms. Joy is a charismatic instructor who has a degree in communications and over 13 years of gymnastics coaching experience.

One-day per week class

MTR Fee: \$65.00 **NR Fee:** \$70.00

MTRC Members receive \$5.00 discount

Class size: Minimum 3, Maximum 6

JOEYS (Adult with 18 months to 3 years old)

Joeys is an adult/child participation class. Each child will practice gymnastics-based skills designed to build self-confidence, balance and strength. Some skills practiced are jumping, forward rolls, swinging on a bar, walking on the beam along with rhythm and simple games. Sharing and group play are also emphasized. Great grandparent/grandchild activity!

Session I	Day	Dates	Time
311103-A	Tu	Sep 13-Oct 18	11:30a-12:10p
311103-B	Tu	Sep 13-Oct 18	5:00-5:40pm
311103-C	We	Sep 14-Oct 19	11:30a-12:10p
311103-D	Th	Sep 15-Oct 20	10:30-11:10am
311103-E	Th	Sep 15-Oct 20	5:00-5:40pm
311103-F	Fr	Sep 16-Oct 28	10:30-11:10am

No class Sept. 23

Session II	Day	Dates	Time
311103-G	Tu	Nov 1-Dec 13	11:30a-12:10p
311103-H	Tu	Nov 1-Dec 13	5:00-5:40pm
311103-I	We	Nov 2-Dec 14	11:30a-12:10p
311103-J	Th	Nov 3-Dec 15	10:30-11:10am
311103-K	Th	Nov 3-Dec 15	5:00-5:40pm
311103-L	Fr	Nov 4-Dec 16	10:30-11:10am

**No class the week of Thanksgiving*

LITTLE MONKEYS (3-5 years old)

Little Monkeys is a tumbling-based class. Some skills practiced are forward rolls, donkey kicks, jumping and table-tops, cartwheels, handstand and simple bar stunts along with rhythm and simple game playing.

Each high energy and fun-filled class is designed to build self confidence, strength and group play skills.

Session I	Day	Dates	Time
311103-M	Tu	Sep 13-Oct 18	10:30-11:10am
311103-N	Tu	Sep 13-Oct 18	6:00-6:40pm
311103-O	We	Sep 14-Oct 19	10:30-11:10am
311103-P	Th	Sep 15-Oct 20	11:30a-12:10p
311103-Q	Th	Sep 15-Oct 20	6:00-6:40pm
311103-R	Fri	Sep 16-Oct 28	11:30a-12:10p

No class Sept. 23

Session II	Day	Dates	Time
311103-S	Tu	Nov 1-Dec 13	10:30-11:10am
311103-T	Tu	Nov 1-Dec 13	6:00-6:40pm
311103-U	We	Nov 2-Dec 14	10:30-11:10am
311103-V	Th	Nov 3-Dec 15	11:30a-12:10p
311103-W	Th	Nov 3-Dec 15	6:00-6:40pm
311103-X	Fr	Nov 4-Dec 16	11:30a-12:10p

**No class the week of Thanksgiving*

Karate Kids - Beginner

Macomb Township Recreation Center
In this 8-week class for girls and boys, kids will be introduced to the martial arts. Led by 4th degree Black Belt instructor Keith Burke, students learn the fundamentals of Isshinryu karate. This class is designed for kids new to karate. It mixes traditional martial arts with fun activities designed to reinforce key principals while helping to improve balance, increase strength and enhance coordination. Through this popular program, which Sensei Burke has been teaching for over nine years, students begin their journey in martial arts where they will develop greater self-discipline, self-control, and self-confidence while learning valuable self-defense skills.



Open to ages 6-12

One-day per week class: Saturday

MTR Fee: \$95.00 NR Fee: \$100.00

MTRC Members receive \$5.00 discount

A new karate uniform is provided to each student

Class size: Minimum 12, Maximum 24

Session I	Days	Dates	Time
311101-A	Sa	Sep 17-Nov 19*	9:00-10:00am

**(no class Oct 8 or Oct 29)*

Karate Kids – Intermediate/Advanced

Session: 8 weeks – Saturdays

Class Size: Minimum 10, maximum open

MTR Fee: \$100.00/person NR Fee: \$105.00/person

MTRC Members receive \$5.00 discount

This class is for returning students only

Session I	Days	Dates	Time
311101-B	Sa	Sep 17-Nov 19*	10:00-11:30am

**(No class on Oct 8 or Oct 29)*

Pre-Black Belt Karate

Session: 8 weeks – Saturdays

MTR Fee: \$100.00/person NR Fee: \$105.00/person

For returning students by special invitation only

Session I	Days	Dates	Time
311101-C	Sa	Sep 17-Nov 19*	11:30a-12:30p

**(No class on Oct 8 or Oct 29)*

Tae Kwon-Do Martial Art

Macomb Township Recreation Center

Tae Kwon-Do martial art classes for beginner and intermediate . Ages from 5 through 14, students will be learning respect, discipline and some history of the Korean art. This class will be instructed by Master Phan 5th degree black belt with over 20 years experience.

Two-day per week class: (6 weeks)

MTR Fee: \$90.00 NR Fee: \$95.00

MTRC Members receive \$5.00 discount

Class size: Min 10

BEGINNER

It's an introductory class for martial art of TaeKwon-Do. The students will be learning the respect of martial art and classroom manners. They will learn the basics of using proper kicks, hand techniques and a lot of exercises.

Session	Days	Dates	Time
311102-A	Mo/Th	Sep 19/22-Oct 24/27	5:00-5:55pm
311102-B	Mo/Th	Nov 7/10-Dec 12/15	5:00-5:55pm

(no class Nov 24) Make-up Dec 19th

INTERMEDIATE

After the completion of the beginner session. Students who choose to move up in rank will continue on to Intermediate class. At this time students will be learning forms, sparring and board-breaking, according to their level. Instructor will decide which students are ready for promotion to the next level.

Session	Days	Dates	Time
311102-C	Mo/Th	Sep 19/22-Oct 24/27	6:00-6:55pm
311102-D	Mo/Th	Nov 7/10-Dec 12/15	6:00-6:55pm

(no class 11/24) Make-up Dec 19th

Tae Kwon-Do Martial Art Parent/Child

Macomb Township Recreation Center

This class consists of learning the use of martial art in many ways such as: respect, self-defense, sparring and lots of exercises. Will be instructed by Master Phan, 5th Degree Black Belt in TKD.

Children Ages 5 and up.

One day per week class:

MTR Adult Fee: \$60.00 NR Fee: \$65.00

MTR Child Fee: \$30.00 NR Fee: \$35.00

MTRC Members receive \$5.00 discount

Class size: Min 10

Six weeks

Session I	Days	Dates	Time	Age
311102-E	Sa	Sep 24-Oct 29	11:15a-12:15p	Parent
311102-EE	Sa	Sep 24-Oct 29	11:15a-12:15p	Child
Session II	Days	Dates	Time	Age
311102-F	Sa	Nov 5-Dec 10	11:15a-12:15p	Parent
311102-FF	Sa	Nov 5-Dec 10	11:15a-12:15p	Child

**TRIAL MEMBERSHIPS DO NOT
QUALIFY FOR MEMBERSHIP DISCOUNT**

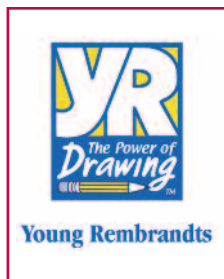
YOUNG REMBRANDTS

Macomb Township Recreation Center

Young Rembrandts' drawing classes are fun, engaging and educational. The students will be taught the step-by-step drawing method. This method of drawing will help the students learn how to break down complex objects into basic foundational shapes. They will learn how to deconstruct and reconstruct images. Their drawing skills will develop as they apply a variety of art concepts and techniques to a new drawing each week. Come have fun drawing with Young Rembrandts.

Instructor: YR Staff

Class size: Minimum 6, Maximum 20



Preschool Drawing

(5 weeks)

Each week we will draw something pre-school children enjoy. We will talk about our subject matter and learn to draw it together. Young Rembrandts helps nurture fine motor skills, listening, staying on task, spatial organization and patience. 45 minute class. All materials provided.

Ages: 3½-5

MTR Fee: \$55.00 NR Fee: \$60.00
MTRC Members receive \$5.00 discount

Session	Days	Dates	Time
311515-A	Mo	Sep 19-Oct 17	3:30-4:15pm

Session	Days	Dates	Time
311515-B	Th	Oct 27-Dec 1	3:30-4:15pm
No Class 11/24			

Drawtooning

(6 weeks)

This is a favorite Young Rembrandts class. Each week we will alternate between drawing and cartooning. Young Rembrandts will teach their innovative step-by-step drawing method. The student will use drawing skills and their creativity to develop a successful drawing. All materials provided. Pencils, markers, Sharpies™, and color pencils will be used.

Ages: 6-12

MTR Fee: \$65.00 NR Fee: \$70.00
MTRC Members receive \$5.00 discount

Session	Days	Dates	Time
311515-C	Mo	Sep 19-Oct 24	4:40-5:40pm

Session	Days	Dates	Time
311515-D	Th	Nov 3-Dec 15	4:40-5:40pm
No Class 11/24			

Anime Cartoon Camp

(4 weeks)

Come explore the world of Anime with Young Rembrandts! We will spend 4 days learning about and drawing cartoons in Anime style. We will learn to create our own original Anime characters. We will use a variety of facial expressions and actions and movement to illustrate our scenes. On the final day, we will pull from what we already learned to draw a large comic book type scene in the Anime style.

Ages 7-12

MTR Fee: 72.00 NR Fee: 77.00
MTRC Members receive \$5.00 discount

Session	Days	Dates	Time
311515-E	Sa	Oct 1-Oct 22	9:00-10:30am

Vehicle Drawing Camp

(3 weeks)

This camp is for artists who love to draw vehicles! We will use an assortment of artistic techniques. On our first day we will draw a "Hummer" ATV, a sport car and a jet. The second day we use a graphic style to complete a large "Harley®-style" motorcycle, and a large detailed, camouflaged WWII tank, on the third day. We will use pencil, color pencil, Sharpies™ and markers.

Ages 7-12

MTR Fee: 54.00 NR Fee: 59.00
MTRC Members receive \$5.00 discount

Session	Days	Dates	Time
311515-F	Sa	Nov 5-Nov 19	9:00-10:30am



Learn to Play Music!

Guitar & Drums – 7 years & up

KO Music Studio

63000 North Avenue, just north of 29 Mile

Never played an instrument before? Or tried it and gave up? Join KO Music to introduce (or re-introduce) yourself to music lessons and have fun! Group classes provide a welcoming environment to learn some of the basics of reading music, understanding tempo and rhythm – and the fun of performing with other musicians.

Our experienced teachers are professional working musicians with 20 plus years of experience.

MTR Fee: \$50.00 **NR Fee:** \$55.00

MTRC Members receive \$5.00 discount

Instructor: Kevin Ottenbacher

Class size: Minimum 3, Maximum 8

DRUM GROUP

Learn the fundamentals of rhythm, tempo and why the drum is the foundation of popular music. We will provide a pair of drum sticks. Students will also receive a practice booklet and spend time each session on a complete drum set. Practice pads are available for purchase.



Session I	Days	Dates	Time
341710-E	Sa	Sep 24-Oct 29	11-11:40am
Session II	Days	Dates	Time
341710-F	Sa	Nov 5-Dec 10	11-11:40am

GUITAR BAND

Playing guitar on video games is fun – but it's nothing compared to the real thing! Learn about chords, melody and more. If you don't have a guitar, rentals are available. Students will learn the basics to some of their favorite songs.



Session I	Days	Dates	Time
341710-G	Sa	Sep 24-Oct 29	12-12:40pm
Session II	Days	Dates	Time
341710-H	Sa	Nov 5-Dec 10	12-12:40pm

Macomb County Adaptive Recreation Resources

Warren Parks & Recreation

Dave Klein /Rachel Lloyd (586) 268-8400

Sterling Heights Parks & Recreation

Diane Winterstein (586) 446-2708

Clinton Twp Parks & Recreation

(586) 286-9336

Roseville Parks & Recreation

Bobbie (586) 445-5480

EXTRAORDINARY ATHLETES SPECIAL NEEDS PROGRAMS

Ages 8-18

Macomb Township Recreation Center

Register early because if we don't get enough athletes we will not be able to hold these wonderful camps...

MTR Fee: \$55.00 **NR Fee:** \$60.00

MTRC Members receive \$5.00 discount

Class size: Minimum 8, Maximum 15



SPECIAL NEEDS WRESTLING



The goal of this program is to offer the opportunity for success while learning the rules, skills and basic fundamentals of wrestling, preparing the special needs athlete to have the ability to compete on a Special Olympics team. The athletes will learn the basic skills of wrestling as an individual as well as developing discipline and strength.

Instructor: Jerry Glenn Smith

Session	Days	Dates	Time
344700-A	Mo	Sep 19-Oct 24	5:30-7:30pm

Special Needs Soccer (Indoor)

Drills and Techniques

The goal of this camp is to teach the kids the basics of soccer in an atmosphere that is fun and relaxed. The kids will learn basic skills and fundamentals of soccer. We will have fun learning how to kick the ball and run up and down the field. Our goal is to not only learn the sport of soccer but to be social and gain new friendships through being involved in a Special Olympics sport.

Instructor: Jeanne DiCicco / Toni-Lynn DiCicco

Session	Days	Dates	Time
344700-B	Mo	Nov 7-Dec 12	6:30-7:30pm

1st Annual

Special Needs - Halloween Theme Dance

Ages 15 & Up

Saturday, October 22

6:00-9:00pm

Registration No. 344700-C

Please register now to ensure that we will be able to have the dance. \$15.00 per person includes pizza, pop and fun.

MTR Fee: \$15.00 **NR Fee:** \$20.00



REGISTRATION INFORMATION

HOW DO I REGISTER FOR A PROGRAM?

RESIDENT REGISTRATION

ONLINE

Macomb Township Residents may begin registering for Spring/Summer Programs **ONLINE**, Monday, August 29, 2011, at 6:00am.

RESIDENT REGISTRATION

Walk-In & Mail-In

Macomb Township Residents Walk-In and Mail-In registrations will be processed beginning Monday, August 29, 2011, at 12:00pm.

If you have mailed your registration and the class is full, you will be notified.

OPEN REGISTRATION

Open Registration begins Thursday, September 1, 2011, at 6:00am. Registrations will be taken daily up till one hour prior to the facility closing.

WE ACCEPT CASH, CHECK AND CREDIT CARD PAYMENTS (VISA AND MASTERCARD). A driver's license will be required for ALL transactions.

Swim Lessons Registration is available online. See pages 12-15 for Swim Lesson Registration information & additional Aquatic Programs.

CONFIRMATION RECEIPT

If you want a written confirmation receipt mailed to you please include a self addressed stamped envelope with your registration form and payment.

PRO-RATE REGISTRATION FEES

Fees cannot be prorated due to late registration or partial attendance.

CANCELLATIONS

Macomb Township Parks & Recreation reserves the right to cancel a program due to a lack of enrollment or circumstances arising out of its control. If a program is cancelled all registrants will be notified and a full refund of registration fees will be processed.

RESIDENT DISCOUNT

Macomb Township residents receive a discount on many program registration fees due to their support of the parks and recreation program through a special assessment millage.

WE ACCEPT CASH AND CHECK PAYMENTS. VISA AND MasterCard payments accepted at the Front Desk or Online ONLY.

REFUND POLICY

CLASS REFUNDS

Unless noted in a class description or other published material, customer-initiated refunds will be honored through the first class meeting. If the refund is requested as a household credit, which can be used toward future activities, the entire amount will be credited. If the original payment method was by check, a refund will not be processed until two weeks have passed from the date when the check was originally presented for payment. Refund checks will be mailed within 4 weeks. If the original payment method was by credit card, the refund will be processed as a credit back to the card. All customer-initiated refunds will incur a \$5.00 processing fee.

Macomb Township Parks & Recreation reserves the right to cancel a program due to a lack of enrollment or circumstances arising out of its control. If a program is cancelled all registrants will be notified and a full refund of registration fees will be processed.

TRIP REFUNDS

No refunds on 1-day trips and extended travel unless a replacement is found

SPECIAL EVENTS REFUNDS

There are no refunds on special events.

**MACOMB TOWNSHIP PARKS &
RECREATION RESERVES THE
RIGHT TO USE ALL
PHOTOGRAPHS TAKEN AT
COMMUNITY EVENTS FOR
PUBLICATIONS AND/OR
PROMOTIONAL PURPOSES.**

MTPR PROGRAM REGISTRATION FORM

FALL/HOLIDAY
2011



Register by mail or in person: Parks & Recreation Office
20699 Macomb Street • Macomb, MI 48042
(Off Broughton Road, south of 25 Mile Road)

Family Name _____ First Name _____
(List parent's name if participant is under 18 years of age.)
Address _____ City _____ Zip _____
Home Phone (____) _____ Work Phone (____) _____
Email Address _____ Member Y or N # _____ * Staff Verify _____
Emergency Phone (____) _____ Emergency Contact Name(s) _____

Participant's Name (Last/First)	Birthdate (mm/dd/yy)	M/F	Activity Name	Activity Number	Days	Times	Resident Fee	Non-Res. Fee
				—				
				—				
				—				
				—				
				—				

*Children age 4 and over must have a membership to receive discount.

T-SHIRT ORDER

- ☐ YS (youth small) 6-8 ☐ AS (adult small)
☐ YM (youth medium) 10-12 ☐ AM (adult medium)
☐ YL (youth large) 14-16 ☐ AL (adult large)
☐ ☐ AXL (adult extra large)

SUBTOTAL \$ _____

HOUSEHOLD CREDIT \$ _____

TOTAL \$ _____

Please make check or money order payable to
"Macomb Township Treasurer". Please do not mail cash.
Please include the driver's license number of the person signing the check.

Special Needs:

Macomb Township Release Agreement - In consideration of being permitted to participate in the township activity or use of any facilities in connection with this activity, the undersigned agrees to the following:

1. The undersigned hereby releases, waives, discharges and covenants not to sue Macomb Township, its employees, officers and agents (herein referred to as "releasees") from all liability to the undersigned his or her personal representatives, assigns, heirs, and next of kin for any loss, damage, or claim therefore on account of injury to the person or property of the undersigned whether caused by any negligent act or omission of the releasees or otherwise while the undersigned is participating in the Township activity or using any facility in connection with the activity.
2. The undersigned hereby agrees to indemnify and hold harmless the releases from all liability, claims, demands, causes of action, charges, expenses, and attorney fees (including attorney fees to establish the releasee's right to indemnify or incurred on appeal) resulting from involvement in this activity whether caused by any negligent act or omission of the releasees or otherwise.
3. The undersigned hereby assumes full responsibility for and risk of bodily injury, death or property damage while upon Township property or participating in the activity or using any facilities and equipment whether caused by any negligent act or omission of releasees or otherwise.

The undersigned expressly agrees that the foregoing release and waiver, indemnity agreement and assumption of risk are intended to be as broad and inclusive as permitted by Michigan law and that if any portion thereof be held invalid, notwithstanding, the balance shall continue in full legal force and effect.

I acknowledge that I have read the foregoing and that I am aware of the legal consequences of this agreement, including that it prevents me from suing the Township or its employees, agents, or officers if I am injured or damaged for any reason as a result of participation in this activity. I further acknowledge that no oral representations; statements or inducements have been made.

If the participants are minors, his or her custodial parent or legal guardian must read and execute this agreement: I hereby warrant that I am the legal guardian or custodial parent of the above listed persons who are minors, and agree, on my own and on said minor's behalf to the terms and conditions of the foregoing agreement.

Signature _____ Print Name _____ Date _____

Office Use Only Staff Initials _____ Paid by check # _____ Paid by cash _____ Paid by Credit Card _____

MACOMB TOWNSHIP PARKS & RECREATION
20699 Macomb Street, Macomb, MI 48042

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U.S. Postage

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Mt. Clemens, MI

Permit No. 148

ECR WSS RESIDENTIAL POSTAL CUSTOMER



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Treasurer

Dino F. Bucci, Jr.

Janet Dunn

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Nancy J. Nevers

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PARKS & RECREATION

**Creating Community Through
People, Parks & Programs**

Salvatore A. DiCaro, Jr.

Parks & Recreation Director

Jason D. Spiller

Facility Supervisor

Permelia G. Gross

Aquatics Supervisor

Telephone (586) 992-2900

Fax (586) 992-2999

Contact us at: parks-rec@macomb-mi.gov

Macomb Charitable Foundation

**TOY/Gift Card Drop-off Site
November 30 – December 20**



Happy Holidays from MTPR!

MACOMB TOWNSHIP OFFICE PHONE NUMBERS

Building Department(586) 992-0710, ext. 1
Parks & Recreation Department(586) 992-2900
Assessing Department(586) 992-0710, ext. 3
Planning & Zoning Office(586) 992-0710, ext. 4
Treasurer's Office(586) 992-0710, ext. 5
Clerk's Office(586) 992-0710, ext. 6

Finance Office(586) 992-0710, ext. 7
Supervisor's Office(586) 992-0710, ext. 8
Broadcast Media Department.....(586) 226-4203
Fire Department Headquarters(586) 677-1262
Water & Sewer Department(586) 598-0687
Water & Sewer (Emergency)(586) 598-1790

FREQUENTLY REQUESTED PHONE NUMBERS

A.Y.S.O. Soccerwww.ayso8c459.org
Boys & Girls Club - Shelby Township(586) 566-5516
Chesterfield Township Parks & Recreation(586) 949-0400
Chippewa Valley School District.....(586) 723-2000
Clinton-Macomb Library North Branch(586) 226-5080
Clinton Township Parks & Recreation(586) 286-9336
Clinton-Macomb Girls Fastpitch League.....(586) 610-3585
www.cmgsi.com
Girl Scouts Macomb County(586) 263-0220
L'Anse Creuse School District(586) 783-6300
Macomb County Road Commission(586) 463-8671
Macomb County Sheriff(586) 469-5151

Macomb Mustangs Footballwww.macombmustangs.com
Macomb Mustangs Lacrosse(586) 247-6407
Macomb Soccer League.....(586) 940-9829
Macomb Township Little League.....www.mtllb.com/1-888-714-6855
MTPR CANCELLATION HOTLINE(586) 992-2909
Metro Beach Metropark(586) 463-4581
Michigan DNR Campground Reservations(800) 44PARKS
New Haven School District.....(586) 749-5123
Romeo Washington Bruce Parks & Recreation(586) 752-6543
Shelby Township Parks & Recreation.....(586) 731-0300
Stony Creek Metropark(586) 781-4242
Suburban Ice(586) 992-8600
Utica Community School District(586) 797-1000
Wolcott Mill Historic Center(586) 749-5997